

Oct. 14, 2007

Dear \_\_\_\_\_,

When your mom stayed at your Aunt \_\_\_\_\_'s house in \_\_\_\_\_ last month, she gave me \_\_\_\_\_ CDs "Voices of Courage" to listen to. Then when \_\_\_\_\_ came home from Alaska, she gave me the book to read.

I can't even begin to express how much they have helped me! In 1992 I was raped by a colleague at the college that I taught in. I've kept it tucked inside of me for all of these years, + listening to all of you on the CDs gave me the courage to finally talk about the rape in therapy — not only talk about it, but to finally begin to feel the emotions that so desperately needed to be felt. When I was raped, I put a bandage over the gaping wound. Now the bandage has been removed + the wound is finally beginning to heal.



It has only been 2 1/2 weeks since I started to talk about my rape so I still feel a bit raw + vulnerable.  
(over)

But I know I am now on the path of healing + that feels wonderful.

Anyway, I just wanted to tell you what the CDs + book have meant to me. Your stories were very hard to listen to, but every one of them was filled with hope, + that's what really helped me. I feel like I am carrying each + every one of you in my heart as I continue to heal.

\_\_\_\_\_ me, I am so sorry that you had to go through all that you did. You are so brave + strong — I really admire that. So thank you for sharing your story + for doing the work you do to help others.

Love,