



An Affirmation for the Violated

By Melinda Contreras-Byrd

**I was weak, and frightened, and broken
and violated
and hopeless
and bound**

**I was disconnected, and untrusting, and fragile
and voiceless, and nameless and lost**

**But that was was and this is is
I reached outside of myself and found myself
in a different colour, and gender, and age**

**I have found my voice, and my name, and my way!
and have made a fierce commitment to the powerful loving
of my newfound self**

**I have been weak – but I will be strong
I have been fragile – but I possess courage
I have been broken – but I will be healed
I have been violated – but I will be cherished
I have been hopeless – but I laid claim to a vision
I have been bound – but I will be free**

I have found my voice, and my name, and my way!

**I have been disconnected – but by courage I have reached out
and melted with my precious self
I have been untrusting – but I will relearn the freedom
of risk-taking
I have been fragile – but I can be strong,
and solid,
and awesome in my gentleness, and unselfishness and sensitivity
I was was
But I am now is
And**

I have found my voice, and my name, and my way!