

**Be the adult
you needed
as a child !**



**The steps backwards,
to catch up on**



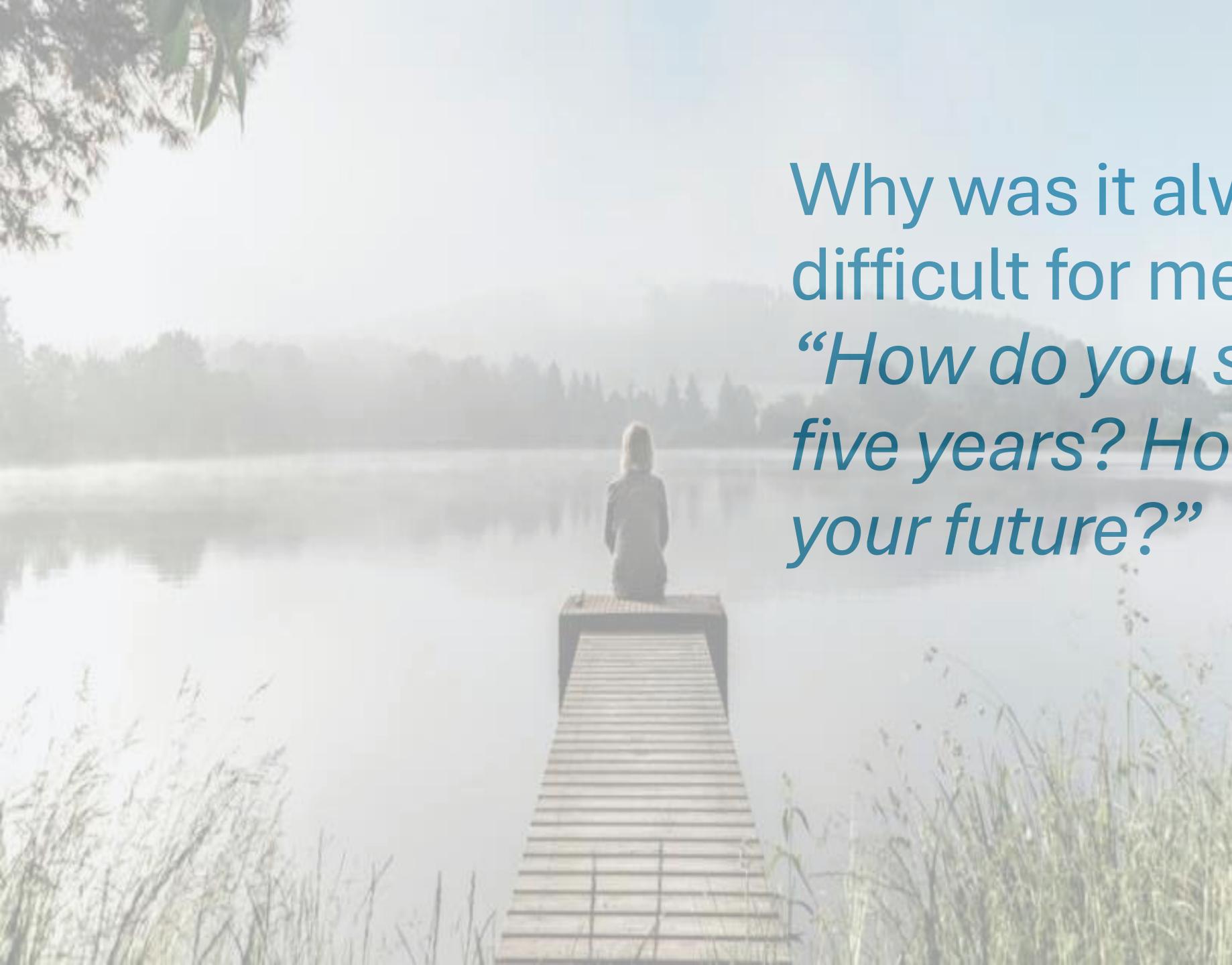


Kintsugi





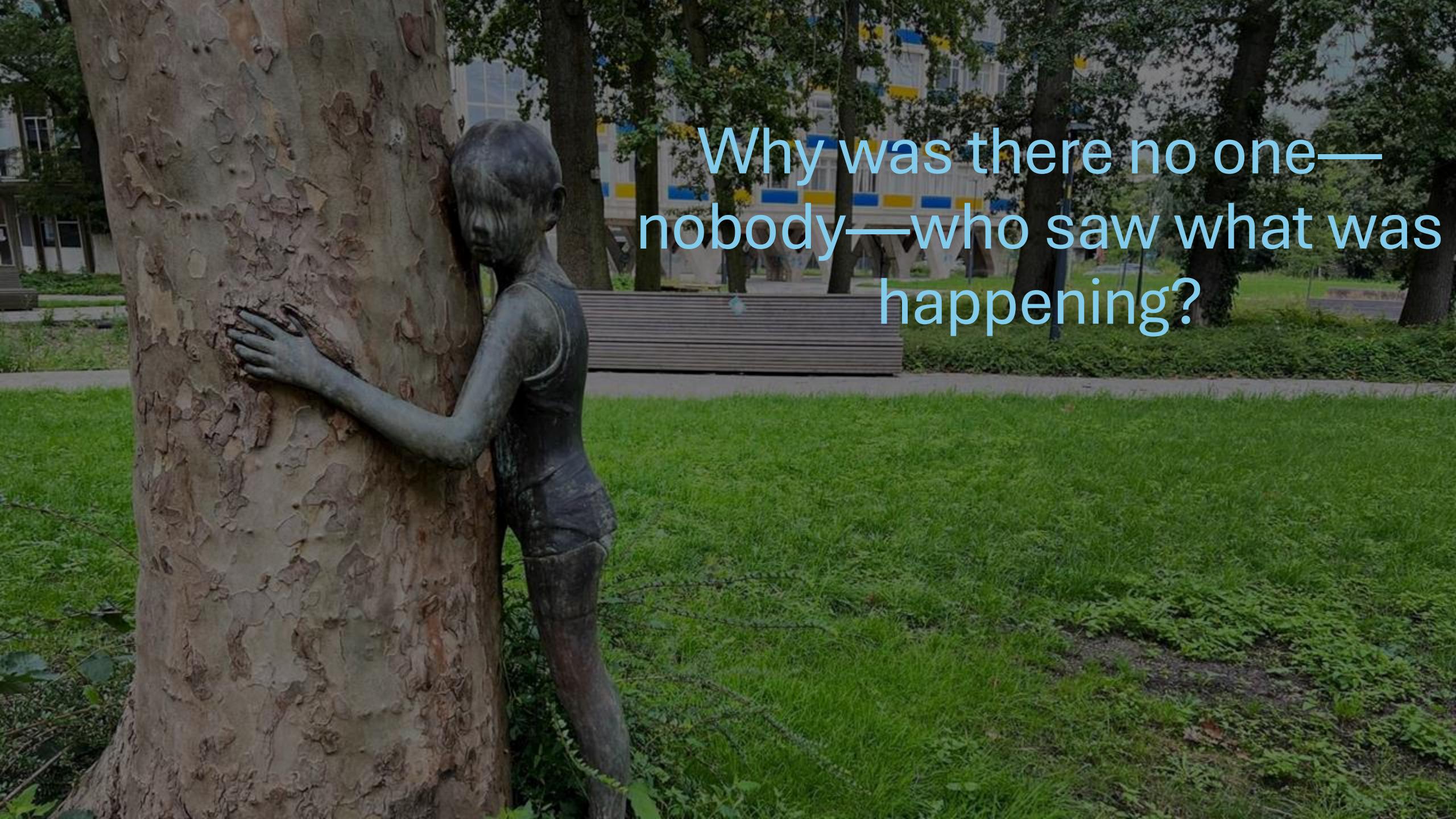
Why did I always feel this emptiness, even when surrounded by so many friends and loved ones—still feeling alone and invisible in my loneliness?

A photograph of a person standing on a wooden dock, viewed from behind. The dock is made of weathered wooden planks and leads into a misty, overgrown area. The person is standing at the end of the dock, looking out over the water. The background is filled with tall, dry grasses in the foreground and a dense, foggy landscape with trees in the distance.

Why was it always so
difficult for me when asked:
*“How do you see yourself in
five years? How do you see
your future?”*



What did I do wrong?
What did I do to
deserve this?



Why was there no one—
nobody—who saw what was
happening?



What signs might have been visible regarding the behaviour and needs of this child?

And what do you think you could, would, or should do in this case, today?



**From survivor to
domestic violence fighter**

**Are you the adult you
needed as a child ?**

