

Our Story:

Trust, Sanctuary, Walls, Communication, and Happiness

Compiled by Lorraine Thompson

SAM: Trust, Sanctuary, Walls, Communication & Happiness.

ALL: These are all part of our story.

DEE: Trust. Trust is feeling like you can tell someone something and they will keep it to themselves.

CRISTINE: Trust is opening up to someone you know won't judge you.

SAM: Trust is loyalty, safety, and honesty.

LIZZY: Trust is when someone is always there and follows through with what they say.

SHERRI: Trust is someone you can go to. It is a best friend. It is family.

HOPE: Trust is being able to say, do or be anything without fear of being left.

NICA: Trust is when you allow someone to get information because you believe they won't tell anyone.

JOY: Trust is being open to others and yourself.

VIC: Trust is feeling that the people you know won't hurt you. You believe what he/she says. *(Please stand for the next section.)*

LORI: Trust is a very big issue for me. It took me years to trust someone after what happened to me.

SHERRI: One time when I was at my friend's house I had a secret that she didn't know about. I didn't want to tell her because I thought she would act differently around me. I gathered my strength and told her about my molestation. She understood. She told me she had been molested too when she was a child. After this we became closer.

SHERRI: Sanctuary. Sanctuary is a place to meditate or a place of safety.

SAM: Sanctuary is my therapist's office, my house, and baseball.

LIZZY: Sanctuary is when I am at home. I go downstairs and watch TV or listen to music. When I am somewhere not at home, I go someplace or black-out.

CRISTINE: Sanctuary is a place to go and think things out. To be alone.

VIC: Sanctuary is a place of safety. A feeling of peace and serenity.

SHERRI: Sanctuary is being in my room listening to my rap music.

HOPE: Sanctuary is where I feel safe, needed and loved.

LORI: Sanctuary is my own creative place to let go and be free with a real smile.

NICA: Sanctuary is when you have your own freedom. You can just fly away from all your troubles like nothing has ever happened.

LIZZY: Sanctuary is my own creative place to let go and be free with a real smile. *(Please stand for the next section.)*

JOY: My sanctuary is my garage. This is where I do all my artwork, where I can express every thought and emotion into my painting. Spending hours telling the canvas my every feeling. The one place I feel safe to be me. Sanctuary is also the freedom to do what you want.

NICA: Sanctuary is when you have your own freedom. You can just fly away from all your troubles like nothing has happened. When my mom and dad were drunk and didn't come home for 3 days, me and my little brother didn't have food so we ate out of the trash and then went to my room to sit on the roof beneath the stars. My roof is my sanctuary.

DEE: My sanctuary is outside in the wood sitting next to the river feeling safe and positive, peaceful. Sanctuary is a place where I can be myself where nobody can judge me... relaxing, watching the sun come up, hearing the birds singing, feeling the sun on my face and being alone. In the quiet peaceful spot I call my sanctuary.

VIC: Walls.

CRISTINE: Walls are space... my bubble.

DEE: Walls are having space for people and people having space for you.

SAM: Walls are boundaries and shutting down. I hide behind a wall of people pleasing.

LIZZY: My walls are laughing when I feel uncomfortable.

SHERRI: One of my walls is that I don't open up to people that are fake.

NICA: My walls are when I make up a tough barrier that no one can break through.

SUMMER: Walls are boundaries from others or from things. *(Please stand for the next section.)*

HOPE: My walls are building themselves stronger no matter how hard I try to break them down.

JOY: My walls are shutting down inside myself, I quit communicating. I crawl into my shell.

LORI: Walls are very thick in my world. It is hard for other people to get through them.”

VIC: Walls are a barrier to block a person, an emotion, or a thought. Objects or actions can also be barriers. When I was younger, 10-15, I had walls. I built my own walls. I didn't want to let people in. I had been hurt, so I didn't want people around me. I refused to talk. I read books so people would leave me alone. I sat by the teacher's desk and if anyone messed with me, I would lash out. I refused to work in groups. I began to think no one cared because they didn't try to break my walls. I thought if anyone cared they would try.... But they didn't. I didn't want people to get to me, but I did want them to try. In the end, I began to tear down my own walls. It took until last year for me to get rid of those walls. Even now, every now and then, I still go back to hiding in my books.

LORI: Communication.

SHERRI: Communication is something people do all the time. It is an everyday thing.”

SAM: Communication is talking back and forth. Talking, listening, trying to understand, and then responding.

LIZZY: Communication is when someone talks before they do or touch.

VIC: Communication is expressing a feeling or thought through words or actions and having people respond to you. You must listen as well and understand.

HOPE: Communication is being able to say anything without being judged. *(Please stand for the next section.)*

JOY: Communication of needs is being open and honest. It is talking, and it is an expression of my emotions through art.

NICA: However, not having communication of needs is when you are physically or emotionally hurt and you have no one to talk to because everyone around you naturally doesn't care.

LORI: Communication is truly hard for me. I don't say what's on my mind. I just say nothing. I don't know why, but I am working on it.

LIZZY: Happiness.

CRISTINE: Happiness is loving yourself to the fullest.

SUMMER: Happiness is when you are up and positive.

DEE: Happiness is being free and loved and loving someone else.

SAM: Happiness for me is numbers, instruments, and the color purple.

HOPE: Happiness is smiling.... Not because you have to, but because you want to.

VIC: Happiness is a feeling of joy, whether because of a person, place, object or memory. *(Please stand for the next section.)*

SHERRI: Happiness is something I feel when I step dance and when I am alone. At 8 years old my father passed away and I then found my happiness in dancing.

JOY: Happiness is art, music, quiet, the stars, and love.

LORI: My happiness was taken away from me at the age of 6. My own father would get me drunk so I could fall asleep. He would have sex with me once I passed out. I told my mom at the age of 16 what he had done. For 10 years he did that. I am sober as of 3 years. Hopefully, soon I can find happiness. I know the only way I can find happiness is to love myself.

LIZZY: Happiness for me is camp, the therapy groups and girls that I can relate to.

SAM: Trust, Sanctuary, Walls, Communication & Happiness.

ALL: These are all part of our story.



*(To view the original article this script appeared with go to:
http://www.PioneerDrama.com/Newsletter/Articles/Our_Story.asp)*