



April 2009

RAINBOW'S END

Volume 9

Issue 3

Support & Information Newsletter of FIRST PERSON PLURAL
the survivor-led association for survivors of trauma and abuse who experience
dissociative distress, and for their family, friends and professional allies

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**2009 AGM and Elections
to be held in Birmingham on
16th May.**

If you are
interested in joining the
Committee, complete and return a
self-nomination form which is
available on our website at
[www.firstpersonplural.org.uk/AGM
09.htm](http://www.firstpersonplural.org.uk/AGM09.htm)

Membership Renewals

All members will shortly receive
renewal forms, together with a
membership survey
questionnaire. Your answers will
help us plan FPP's future

New Telephone Number 01902 763490

FPP now has a telephone number for
administration and office purposes only.
This is **NOT** a help, advice or support
line. An answer machine will pick up most
calls and a volunteer will get back to the
caller as soon as possible

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Volume 9, Issue 3

Editorial Statement

While every effort will be made to keep contributions complete and unedited we reserve the right to make amendments when necessary. Decisions about the inclusion and amendment of contributions are made by the editor and are final. Contributions do not necessarily reflect the views and opinions of First Person Plural, members of the executive committee or the editor. Inclusion of any reference to an individual or organisational resource is not a recommendation. The contents of this newsletter are for information and support purposes only. The newsletter is not a substitute for individual therapy or professional supervision. It is an addition to, not a replacement for, other networks of support.

Contributions can be sent in at anytime articles; stories; resources; book reviews; tips; poetry; personal experiences; written articles and poems are good; brief snippets & artwork are desperately needed. It would help if you can send your contribution electronically as an email attachment. This saves times and resources but handwritten and typed material sent by post will continue to be accepted. Please send to the **new editorial email address** newsletter@firstpersonplural.org.uk

Originals will only be returned if a suitable stamped addressed envelope is enclosed

IMPORTANT:- When sending material for publication please clearly mark "FOR PUBLICATION" and say what name or pseudonym you wish to use.

ATTENTION

Material in this newsletter may trigger painful memories and feelings.
Read with caution and appropriate support if necessary

An Editor's Farewell by Kathryn Livingston

The time has come to hand over the production and editing of Rainbow's End to someone else. This is both a relief and a cause of sadness for me. I have been your editor since First Person Plural was founded eleven years ago and it would be daft to expect that I wouldn't feel some sadness at the end of my sojourn in this role. In so many ways I have enjoyed the role and in doing it have developed new skills and perspectives for which I am grateful.

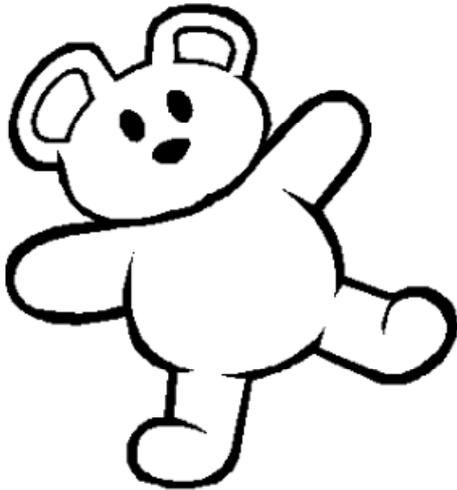
As editor I have felt extremely privileged to be trusted by all those who have contributed articles, drawings, snippets etc over the years. Many of these have been a first sharing of significant experiences, feelings, relationships and events and it has been humbling to be not only the first to read these but also the conduit through which you have reached out to share with others. I have no doubt that all contributions have helped and supported one or more whose life, like yours, has been blessed, cursed or touched by abuse, dissociation and complex dissociative distress.

I will miss much about being editor, but what I won't miss is the pressure of deadlines and the additional stress when I miss them, worries about how to fill an issue when contributions have been few &/or not a good mix of variety of types and perspectives, the responsibility of deciding what to include and when. I will definitely not miss bearing the burden of editing longer pieces so they remain true to contributors' views and ways of expressing them while also having the editor's responsibility of ensuring the newsletter meets FPP's legal and moral duties, ethos, mission and objectives. This has not been a huge part of the role but it has been the least enjoyable and most conflicted aspect. I have tried to do it with fairness and integrity and without compromising either side of the balance overmuch. I hope I have achieved this.

I thank all who have contributed to the newsletter and ask that you and others continue to do so. I thank all who have been supportive with understanding and encouragement when I have not been able to meet my own exacting standards either in terms of meeting deadlines or simply expecting too much of myself in the role of editor. And now that I pass all of the editor's responsibilities and privileges to your new editor, Bunchy, I hope that you will show her the same respect and support that you have shown me these past 11 years.

It is only my role as editor of the newsletter that I am retiring from. I will continue on the committee and in all my other work for FPP including as voluntary co-ordinator and trainer. All contributions to the newsletter should now to be sent to the **new editorial email address** newsletter@firstpersonplural.org.uk or the usual FPP P.O. Box postal address.

Note of thanks to Kathryn and Introduction to your new editor



Thank You

I would like to take this opportunity to thank Kathryn for all the hard work and commitment over the years to editing Rainbow's End for us all. I have personally found the newsletter supportive and informative and ordered back copies when I joined First Person Plural.

I hope that as your new editor I can do as well as Kathryn has all these years.....I will certainly try. I have found it so helpful when reading Rainbow's End knowing that there are others like me out there reading it too. It takes the edge off the isolation and reading articles and poetry written by other folk is a sharing experience. I hope that you will continue to submit pieces of work for Rainbow's End.

Bunchy
newsletter@firstpersonplural.org.uk

Please note the new email address for contributions to the newsletter ONLY. Postal contributions should continue to be sent to the usual P.O. Box address

'It is never too late to be what you might have been.'

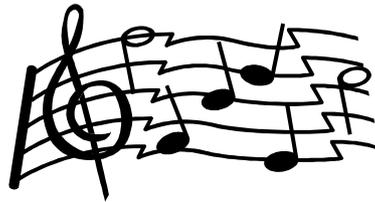
George Eliot

We don't use the words 'positive' and 'negative' because they cause confusion and large-scale shutting down if they are mentioned, so we want to tell you about a 'good' experience we have had.

A long time ago, when we attended church, we had a friend who we felt safe enough with to tell her we had MPD. We lost contact with this person when we left church. But recently she has stated to work at the place where we work. Last week she called 'us' into her office and said that she had started to attend a psychology course and the subject of MPD (DID) had come up. The students had been given a few sheets of A4 paper entitled "The Three Faces of Eve – A Case Study". She told us that she told the 'teacher' that she had a friend who had MPD, and said she would ask us for clarification and confirmation on anything that came up on the course.

We said we would be only too willing to help with anything they needed to know, and the following day she brought us a copy of the relevant coursework. The friend said they had also watched the film "The Three Faces of Eve" and wanted to know if it was true to life, but, as we have never seen it, we couldn't comment on it. The case study they followed was written in the 1950's, so most of the population was still in denial about the existence of DID, and we told her that ideas and understanding of the condition have changed since then. It's a bit worrying to think that some future counsellors and therapists are using such old, and perhaps limited, material as their basis for understanding DID, which is why we were only too pleased to help.

The best part of this experience was, not only is DID at long last being taught to psychology students, or that this friend remembered we had told her we had DID all those years ago (although we had forgotten we had told her) but, as she was talking to us, another member of staff came into the office. In spite of this, the topic of conversation was not hurriedly changed (as so often happens), we weren't quickly 'dismissed' from the room and there was no sense of embarrassment or awkwardness from the friend, the other person, or us. It just carried on like any other everyday conversation between people, and it felt so 'normal' and natural and right and allowed but, most of all, accepted. We have waited such a long, long time for that feeling of 'normalness' in the outside world of work etc. to happen and, even if that friend never mentions again the need for our help in her coursework (although we hope she does) we, at least, know that she knows about us, and most of all, we have the memory of those few precious minutes in that office to hold on to.



Importance of permission to sing by Jackie

Giving my other selves permission to sing has enhanced our relationship no end. Of an evening I tell my others that it is alright for them to sing and they are straight at it. Children's playground songs go down the best. These are easily purchased from reputable toy shops for as little as £3.00 per CD of up to 50 songs. Some songs they take to, some songs they don't. Hope this is helpful.

Note from FPP – Be aware that some survivors are triggered by some children's songs as these or distorted versions of them were used during the abuse.

CUTTING EDGE, CHANNEL 4 DISOCIATIVE IDENTITY DISORDER

Cutting Edge, Channel 4's award-winning documentary series are researching a film about DID.

The aim is to make an important and powerful documentary leading to a greater understanding and recognition of DID. By raising awareness, we aim for the condition to become more widely accepted and more responsibly approached by health professionals. And for those with DID to be able to get the help they need.

I am talking to people who can give me insight into the condition from their own experience, and I'm working with key professionals in the field. Both are helping to steer the research in the right direction.

I am hoping to speak to people with DID about their experiences, in complete confidence and with absolutely no obligation to take part.

Talking to people about the condition helps me to understand it more fully and will lead to a better film - your input is valuable. If you would like to talk to me in confidence, please email francine@fshaw.demon.co.uk or call 0771 514 6253

“Editor’s note: Inclusion of this request does not necessarily mean the researcher or the resulting documentary is endorsed by First Person Plural. It appears for your information only, should you wish to take part.”

Comments regarding the Cutting Edge Programme

Melanie:

I have been working closely with Francine over the last four months to try and see if there is a way forward for a programme on DID to be made that fits FPP's ethos. I have thoroughly enjoyed working with her and feel she listens and respects what I say. She has spoken with quite a few people who are DID and the feedback has been mainly positive. She is also talking to professionals working in this area. Any qualms are more about the individual's fears of speaking out rather than Francine's approach. If you decide you would like to talk to Francine please remember that you only need to share what you feel comfortable with and that you are in control of the interview. Francine is extremely aware of how difficult and vulnerable many of us are and is totally respectful if you don't want to answer some questions. I sincerely hope we do end up with an informative programme that we feel comfortable with.

Bunchy:

After having spent a length of time with Francine I would like to say that she shows sensitivity and caring during discussion. I would like to add, however that talking intimately about my DID, discussing selves and the effect DID has on my life left me feeling quite tired and disorientated. It wasn't the way that the interview was conducted but a result of the fact that I do have DID and several 'selves' were very aware of all that was being said during the time we spoke to Francine.

If the programme goes ahead it will be an opportunity for people to find out more about dissociative distress and realise the difficulties people have getting specific therapy for their condition.

The main thing I would say is to remember to look after you and yours to anyone who chooses to put themselves forward to speak with Francine.

SGM & Members Open Meeting

report by Mary P, edited for newsletter by Kathryn L

At the Special General Meeting on 4th April, the resolution to change clauses F & G of the constitution was unanimously passed. Thank you to all who voted in person or returned proxy voting slips.

Following the SGM there was a fantastic open meeting arranged by Boo and Jacquie, who had even arranged for the sun to shine in Brighton for the day! The venue was light and spacious with a balcony that gave splendid views over Brighton. They got everyone laughing and feeling good (but silly!) with an ice breaker to begin with. The focus then shifted to looking specifically at what members wanted from being a member of FPP.

The following ideas were discussed:-

- Training in media work
- Using the newsletter to debate issues e.g. use of medication by people with DID
- Increasing the number of open meeting by getting ordinary members to volunteer to organise one in their own locality.
- Sharing of information on retreats/safe places for members to go.
- To work more closely with TAG (Trauma and Abuse Group).
- More events for younger parts e.g. play days.

Discussions about what members could do to contribute to or be involved in the work of FPP generated the following suggestions:-

- Raise awareness of dissociation in own localities by getting involved in / organising events or identifying local opportunities for FPP to deliver training and display our information stands
- Distribute FPP publicity leaflets in own localities
- Help to organise and/or deliver members open meetings
- Research, taking part in or doing own through college, university etc (ensuring own self care)
- Developing FPP website
- Contributing to the newsletter, sharing experience and coping strategies etc
- Responding to the membership survey and other FPP consultations

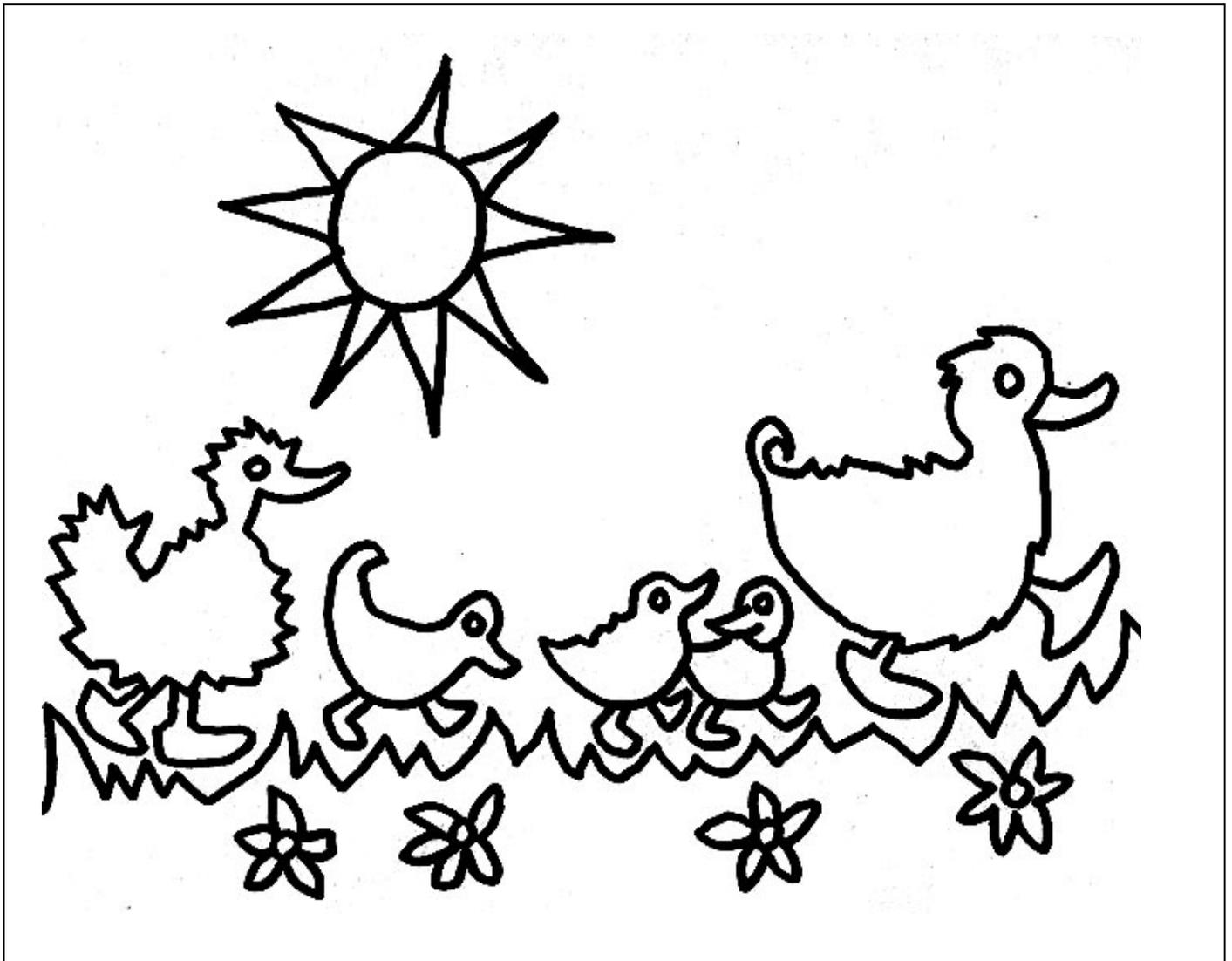
After lunch and another silly but fun icebreaker there were small group discussions to share practical ways to help those living with complex dissociative conditions to feel safe. This was a very supportive and helpful activity which everyone seemed to find reassuring. The suggestions from this exercise were later presented to the whole group.

The collated list of these suggestions is enclosed with this issue of the newsletter and will be used to help develop future FPP information resources.



PLAY CENTRE

A picture to colour

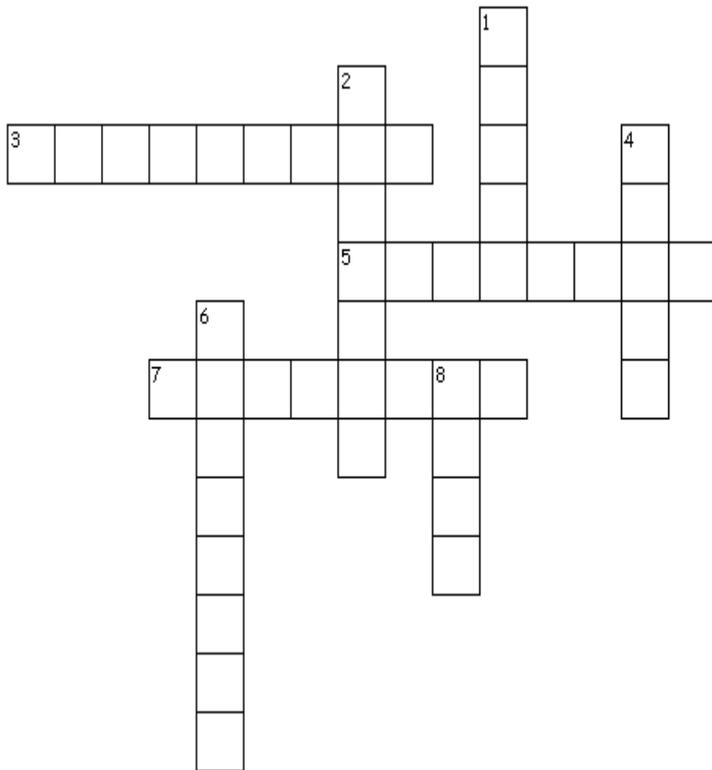


Question: Where does a general keep his armies?

Answer: Up his sleeves!!

Ruth and Team

Spring Crossword



Across

- 3. Yellow flowers we see in spring
- 5. When this comes it gets warm
- 7. Swimming frog 'babies'

Down

- 1. When this happens we get wet
- 2. When the wind blows this looks like pink snow
- 4. Born in Spring this baby creature hops
- 6. April showers with sunshine bring these
- 8. Baby birds are inside these



- | | | | |
|---------------------------------------------------------|--------|-----------------------------------------|------|
| 1 rains
2 blossom
4 bunny
6 rainbows
8 eggs | Across | 3 daffodils
5 sunshine
7 tadpoles | Down |
|---------------------------------------------------------|--------|-----------------------------------------|------|

What do you get if you cross a hen with a banjo?

-A chicken that plucks itself

What's worse than raining cats and dogs?

-Hailing taxis

Doctor! Doctor! I keep thinking I'm a strawberry!

- My, you are in a jam.

How does switching between alters happen for you and how do you manage the physical sensations around this, e.g. headaches?

For us, each alter and situation brings with it a different form of switching. However, for the most part, there are three main ways that we switch:

- 1) When we are really frightened, something traumatic or unexpected happens, or someone is very triggered by something. In this instance, I (host) have no warning we are going to switch, and often do not know we have until afterwards. I normally lose time. If I am there at all, I am watching from outside and have no control over what my body is doing or the words coming out of my mouth. I will come round at some point (and often not for a long time) and discover that someone else has been in control, and often we are somewhere new. This kind of switching is most frightening, and I need someone with me afterwards to help me return to the present and keep us safe. After these kinds of incidents my body feels as if I have just been through some kind of fit, I am tearful and shaky and I want to sleep for a long time. I have learnt to think of these episodes as a sort of psychological epilepsy (having never had epilepsy, I use this only by way of analogy, not any comment on the reality of epileptic fits, so please excuse inaccuracies). After them I go to bed if at all possible, or at least cancel everything possible. Sometime I will be physically sick. The alter who is triggered often needs time to do whatever calming thing works for him or her as well. Thankfully, they are not daily occurrences.
- 2) If someone inside is upset by something or trying to communicate something, then my vision may go blurry, I cannot concentrate on the task in front of me, I feel spacey and will often find my body 'wandering' without my permission. Sometimes I get headaches, but more often it is nausea, blurred vision and a general sense of disturbance. In these states, I am learning to recognise that someone needs something, or is trying to tell me something and so I try and pause, stop what I am doing and find a safe place for them to try and tell me, or to journal. If someone is very disturbed we may need to ring someone who knows my system well to translate and calm the alter down. Once the insider has communicated the problem and I have managed to do something about it (it may be as simple as a little one wants chips, right through to someone reminds them of an abuser and we have to leave the party RIGHT NOW!), then the physical and emotional sensations reduce. In these instances, once the need is met, there is not the after-shock that I associate with the first type of switching.
- 3) The third type is invited switching. This is when I have got to know an alter well enough that their needs and likes are incorporated into my life, so I might take the little ones to the park, and then give them permission to come and play on the swings. I often lose time here too, but it is more that I have stepped aside for them to come and enjoy themselves. This type of switching happens if they want to speak to someone they are in contact with (therapist, support worker, etc). There are not really any physical sensations I associate with this type. When the others have their own therapy session, I would say it was a sort of combination of this type and the second type, depending on how upset they are.

As I learn to compensate more and more for having DID, luckily the first type is reducing, and the switching is taking place more in safe places, as I now factor a lot of time into each day for each alter to access what they need. Whenever we meet a new alter, however, there are several months where everything is out of control and we switch all over the place. I am trying to learn that these are phases that pass.

If anyone approaches us, in the main, they will switch back to the host, unless we are so triggered that that is impossible. DID is designed to avoid detection and for us one of the frustrating things is people who have tried to help us saying 'but I have never seen anyone else'. But it is also that that keeps us safe and maintaining an adult life.

What has been your experience of involvement with the psychiatric services? Do you have any tips that might help us with our client?

I am not going to write much about this because to do it honestly would involve a lot of words that should not be published in a newsletter!

I have had the normal horror story of misdiagnosis, inappropriate treatment, being told I am not 'sick enough', that I am 'too sick', that I can't get any help whilst in private therapy, that if I can answer certain questions correctly then there is no way that I need to be hospitalised, that I don't 'look suicidal', that no one hears voices unless they are psychotic and I am not psychotic etc. etc. etc.

The only thing that I would say, which finally got me out of a very damaging cycle, is if you are fairly sure that your client has some form of dissociate distress, ASK for a psychiatrist to consider that diagnosis, rather than leaving them to come to their own conclusions, often with incomplete information. Finally, after several discharges from the same service, I went in with a letter from my therapist and a determination, and said 'I think that I have DID, and my therapist thinks so too, please refer me to someone who has experience and can make that assessment'. I took in DSM-IV, and pointed out the criteria. And that time the psychiatrist did discharge me saying she did not know enough and recognised it was a possibility, and recommended specialist assessment. Whether I was lucky, or she did see my point, or the letter from my therapist made the difference, or I just finally wore her down, I do not know. But I do think that going in with a direct request, with professional backing, and not expecting them to diagnose something that they may have not had adequate training in, made a difference to me.



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What therapists in training want to know – Part 4 *by Melanie*

In this Part 4 I continue to share questions asked by therapists attending the UKSSD's (now ESTD-UK) Dissociative Disorders Psychotherapy Training Programme in 2007 and my responses as someone with lived experience of DID, invited to participate in the delivery of this training. Since that time my recovery journey has moved on (*see Volume 9 Issue 2 of Rainbow's End*)

11. We would be interested on your thoughts and decisions about integration.

I firmly believe that an integrative process starts the moment that the dissociative barriers become less solid. Immediately there is more internal movement, although it may well be totally chaotic and often abusive at the start. Working with the three phase plan, the first being to stabilize the client, this process will be asking as many parts as possible to be involved. Again this will be a new concept but firmly and continuously working at this will begin to help many parts to develop new skills. Nothing is linear with this journey but I feel very strongly that this first stage is extremely important for all that is to follow. Of course there will be other parts who won't want to co-operate or are trapped back in time. This may not be what most people think about when they talk about integration but it is the start of some parts beginning to work together, find that the same things help them and some will become supporters for others. Of course there are others wanting to sabotage the whole process but even this is the start of change. I think it is important to retain the overall integrative view throughout the therapy.

At the same time it has been vital for each part to work through their issues and get a sense of their self with all its potential and limitations. For me the integrative process could not have continued if each part were not allowed to do this work. It has been a combination of separating out to then bring the whole of a story together. The later was not possible until a lot more thinning of the internal barriers had happened. Although on paper this sounds like a backward step in fact it always felt a move towards more wholeness. The times we have felt more separate is when we try to rush an area of processing and it just doesn't work. I think it is important to remember that however fragmented you feel it is at times that was the level needed for that person as one body to survive, so supporting them in bringing it together is not without its dangers. Up until now it felt like the integrative process was almost a by product of the early therapy.

For me to be able to consciously work on integration we had to do that very early work of re-wiring the brain. When that was in place and strong enough to be built on we have at times been able to really be together. At times when lying still we concentrate on all being together, it is a most amazing feeling. The temporary downside has been that we now seem to be psychologically strong enough to cope with what we feel are the last memories that hold the most long term devastating affects on our whole being. I mean mental, psychological and emotional rather than physical. So having had a taste of feeling as one we are now working hard on these last issues before we hopefully can return to the more obviously integrative work. I know that until this bit is done the other work is on hold.

Until the last year I did not have a vision of what we hoped to achieve. None of us could begin to see how we could be together rather than individuals trying to be co-operative. Gradually there is a feeling of each part becoming less defined, less clear and a sense of all that was held by that part being absorbed into the whole. This does not mean we loose anything just a feeling of being more full. For some parts that were complete as a person while being limited in their development it has been important for them to identify something they would like to bring to the whole. As with the whole journey it has not necessarily been what I thought they would identify but it always feels exactly right.

All this feels very much like it is happening in the body. With the head we try and do joined up thinking. This is exhausting as it takes a very conscious effort.

For me, the current main outside part, I know we are much more full when things are peaceful inside and we are not all pulling in different ways. I now hate it when I am left alone to manage. I feel very isolated and very limited. Originally I only knew my limitations not how we could be if we had access to the whole of the data bank most of the time, were not at times an emotion personified or driven by some unknown fear. I try not to think of us in many parts. This is beginning to enable us to work through some issues, like going on holiday and actually bring about a lasting change. Up until recently each part could work through an issue but that rarely brought about significant change as we seemed to continuously return to the default position as a whole. This is very demoralizing and can make doing the work feel pretty pointless at times.

Something we are all coming to terms with is that we may well have to cope with feeling depressed at lengths of time, we have a very abusive history that will be held by one rather than scattered amongst many and this no doubt will bring its own problems. I feel that we are at the stage where we can manage our history as one story and life will be so very different to how I ever imagined it could be. Decisions will be made and hopefully kept or rethought through not just disappear like they have never been. There will hopefully be considerably more informed continuity of thought. This is our aim. For many this is not the end result they want or is achievable for many reasons.

A very real factor to be considered if your client has funding for a certain length of time is how much is probably feasible during this time. I have been incredibly fortunate with funding and also being able to work so I can subsidise it to enable me to have the length of session and frequency that has enabled me to reach this place. Even so it has been a very long journey. For many this may not be a realistic goal so ethically it is necessary to see what is possible and not take that person to a place of no resolution. The younger the person I suspect the faster they will be able to work because the hatches have not been battened down for so long and they have not had too many years of further retraumatisation at the hands of the mental health service. This is all supposition and I am not sure if there is the research to actually support this yet. I only feel it is probably right having talked with many people who are DID.

Would you like to share your own answers to these questions? Write to FPP and we will publish them in future issues.

A Voice

For all of us who were never given the opportunity to have a voice, to speak about ourselves, or threatened if we didn't keep quiet, Rainbow's End is the opportunity to share and break the silence. It takes great courage to do this and I can only admire and offer respect whenever the silence is broken.

Bunchy

The Story Of My Life by Dex

These are the lies I have created!
-----who the hell am I anyway??

True friendship is a great thing-----
-----to be able to be who we are
who we were – what made us who we are!

The past – the present
-the wreckage of our past
that moulds who we are
 who we were
-who we will become!

-as scary as it is
 the temptation to press – hold the pause button
to freeze where we are –
 not to go any further
-But knowing that we must – this is our journey

a journey – we have to take
 we can't go back
to put the lids firmly back on
- is IMPOSSIBLE
 it's too late for that
we have begun

- so - we HAVE to finish!
No matter how painful that becomes
- what is revealed
what is learned –
- remembered!

Because 'this is the real story'
- the story of my life – our lives!
And they deserve to tell their stories
- to let them out
- they have a right
- they need – deserve
 A VOICE!

S
U
R
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N
G

POEMS and RHYMES



RAVEN ANGER

by Rebel and helpers

across
a mind sky
I saw the ravens fly
my mind
sky

I felt the ravens fly
their wings
brushing
thoughts

they
fly my anger
fly my rage
on black
feathers

raven
rememberings
released
one by one
from cages
of past

flying
to
freedom
anger filled raven sky
is reaching
for the stars

I
SURVIVE
ON

Mirror Girl

by Anon

Standing in a flowing dress,
Looking in the mirror,
A little girl is staring back,
Pretty as a picture.

The mirror girl has pale blonde hair,
Falling round her face,
Looking out with bright blue eyes,
Angel fallen from Grace.

She looks like any other child,
Innocent and pure,
Not a sign of pain within,
From what she must endure.

She draws in closer to the face,
Of the little girl she sees,
Practicing her sweet calm smile,
Until it comes with ease.

If only she was able to hide,
The sadness in her eyes,
For they look empty, hollow, sad,
However hard she tries

A hot wet tear rolls down her cheek,
She brushes it away,
More wait inside, threaten to spill,
But she keeps them at bay.

Forcing a smile and wiping her face,
She slowly looks away,
The pain is buried back inside,
Until a distant day.

Poem by Anonymous

Deprived of normality as a juvenile
Exploited to the limit
With acts indecent and vile.

Driven to distraction with disgust running
through my veins
Just trying to stop the hurt
Whilst carrying on being sane.

The fact he was my father brought up to protect
Depresses me further
That this secret I have kept.

I wish he would suffer the depression I've been
through
And walk the valley of sadness
Then maybe he'd have a clue.

My life will change forever as the tide begins to
turn
And his world will be torn to pieces
As fear begins to burn.

Healing by Kate Evans

*A sudden twinge of pain
An unknown memory stirs
Threatens to lose me all I've won
And rocket me back the years.*

*Then I breathe deep, recall
We're co-conscious at last*
We can contain the terror
And calm the frightened hearts*

** well, often!*

*Poems, drawings, artwork sharing can
help with the feelings of 'aloneness' .
Send your work to be included in
Rainbow's End. We reserve the right to
edit any material considered by FPP to be
triggering or unsuitable for publication.*

Inside by Ang

Hello – can you hear me?
I am here –
The bustling, constant noise,
confusing, distracting.
'oh sorry you were saying'
'aha - 'yes' -
can we play, oh please can we?

The silence is eerie, the rage so LOUD
Pain! Like a knot of iron, from head to
toe,
Then I put that mask back on
pretense; all is well – I'm fine!
I am a balanced, normal person
I take the kids to school – smile, then
- I can be me again, us
my other family, alive within.

I'm back! But where have I been?
scanning the room – who am I?
Where am I?
I check the clock in a panic for more lost
time
Am I late?

My journal, my book is my memory and
lifeline,
it holds so much that I do not know
We are all here together,
trying to hide from the outside world, the
chaos within,
We're alright us, we have each other.

But the double life is tiring - confusing,
so the struggle continues,
hang in there guys!
Inside this head, this body, we are, we
exist!

