



Sexual Assault Response Services *of Southern Maine*

P.O. Box 1371
Portland, ME 04104

P.O. Box 1605
Sanford, ME 04073

24-Hour Hotline: 1-800-313-9900

infosars@sarsonline.org
www.sarsonline.org

JUST WALK WITH ME

I have a problem. I want to tell you about it. No, I really don't. I'd rather keep it to myself; handle it alone. I do think it would be good for me to share it with you, though. I don't want to because I'm afraid of what you'll say or how you'll act.

I'm afraid you might feel sorry for me in a way that makes me feel pathetic. Like I'm some 'poor thing.'

I'm afraid you'll try to cheer me up. I'm afraid that you will give me words, or text, or prayers that tell me in a subtle way to stop feeling bad. If you do that I'll feel worse (but hide behind my obedient, cheerful smile). I'll feel you don't understand. I'll feel you are making light of my problem (as if it can be brushed away with some brief words of cheer).

I'm afraid you'll give me an answer. That this problem I've been wrestling with for some time now and about which I have thought endless thoughts will be belittled. You can answer in a half-minute what I've struggled with for weeks?

I'm also afraid you might ignore my problem; talk quickly about other things, tell me of your own.

I'm afraid, too, you might see me as stronger than I am. Not needing you to listen and care. (It's true, I can get along alone, but I should not).

What I'd really like is if you would just walk with me. Listen as I begin in some blundering, clumsy way to break through my fearfulness of being exposed as weak. Hold my hand and pull me gently as I falter and begin to draw back. Say a word, make a motion, or a sound that says, "I'm with you". If you've been where I am, tell me how you felt in a way that I can know you're trying to walk with me – not change me.

All those other things seem so much brighter and sharper, smarter and expert. What really takes love is to JUST WALK WITH ME.

- Unknown

Help, Hope, and Healing