



According to the Domestic Violence Center of Chester County, 48.4% of women and 48.8% of men experience emotional abuse. A lot of these victims struggle to heal because they don't know where to start or what to do. They tend to think that the method that would work for them wouldn't work or people would think they are doing everything wrong. If that's you, let me tell you something: there is no right or wrong way to heal. Just like our brains function differently from each other, we all heal from mental and psychological wounds differently. For example, I listen to the same few artists that comfort me. While I do that, someone else might go for a walk or even go to therapy. Through the prose of *We Are Not Bronze* by Emma330, *Dad Was Angry* by emmypaige18, and *Don't Blame Yourself* by Mariam Shittu, the poems *No Blame* by Anubis the Philosomancerr, *Love is Trust* by Sara, and *Trusting You* by Mark Tilford, as well as articles from the Domestic Violence Center of Chester County, *Psychology Today*, and *Cleveland Clinic*, we experience the journeys and ways of healing some people use and watch them heal from their past abuse. *The First Step*: a program, because there is no right or wrong way to heal from emotional abuse, you just have to take that first step.

