

I could hear all of them laughing at that.

I didn't go to the cops for over three months. All five of them had the same story when the detectives began investigating, and I was told that I should have had a rape kit done after it happened. Nobody blamed me, directly, but it was made clear that I shouldn't have waited. That now they would get away with it. Easy for them to say I should have done something right away, but admitting something like that happened to you;

admitting that you've been violated like that is something else entirely.

This is my life and it's wasted; it ended three years ago. Maybe tonight I'll finally have the courage to put an end to my suffering.

This is my life...

"Breathe out. Let all the negative energy flow out of you and back into the universe. Take a deep breath and bring in all the positive energy and love. Breathe out..."



—Lauren Upp, "Shadow Play"