

Living Bridges Project Transcript
To Be Brave - Excerpt: Moving from Hate to Compassion

[Music]

VOICEOVER: The following audio is part of the Living Bridges Project, an anonymous story-collecting project documenting responses to child sexual abuse. For more, please visit LivingBridgesProject.com.

[Music]

LIVING BRIDGES PROJECT (LBP): Since you have contacted Jordan or the tumblr post has gone up, you've never heard anything from him?

STORYTELLER: No. Never heard anything from him, but I know that he's still—we're Facebook friends. And he friended me in college, which is what made me actually reach out to him because when he friended me, I was like, "I hate you. Do you not remember this?" that's what happened in my head, I was like, "do you not remember what you did to me? Why would you friend me on Facebook?" So that is actually what prompted me, is that he had reached out in that way, but that is the only way that he's ever reached out.

LBP: How did you move from, "I hate you" to "I'm going to reach out to you now?"

STORYTELLER: It was learning about cycles of violence, which I had the privilege to learn about in college because I didn't have a framework for cycles of violence. Even though now I'm like, "oh I can see that," but I didn't have the time or energy. I don't think I would have if I hadn't been exposed to that in college, I don't think I would have had the time or energy unless someone told me to figure out well, you were harmed and you were harmed. So that gave me so much compassion and it continues to be my deepest reservoir of compassion for people is knowing well this probably happened to you, in some way or another, yeah.

[Music]

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