

## **Living Bridges Project Transcript**

### **What Was Lost: My Hesitancy Sharing About My Abuse**

[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](http://LivingBridgesProject.com).

[Music]

STORYTELLER: When I think about the ways that I experience media, art or storytelling, or my understandings of American psychiatry or therapy or counseling and things like that, I feel like some, some of the things that folks may have asked me, which is part of maybe why I'm hesitant to always talk about it, is because the response from the community that I get is like, "Oh, have you gone to therapy about it?" or like, "Your abuser was a bad person," or "Why didn't he go to jail?" or, you know, like "You must be like so, like, fucked up!" That sort of thing.

I think, I think for a long time, or that's like my hesitancy around sharing about my abuse is not actually like I'm ashamed of the childhood that I had. I'm very open about the childhood that I had. Like, if I can remember it, I was sexually abused from the ages of 8 to 11 by my grandfather, and then I took care of him until he died. That part is really clear to me. But the part that I feel like I don't want to like share with somebody is, because, I don't want to hear like, "Oh, why don't you go to therapy or counseling about it?" or like, "Oh, what a horrible person your grandfather was!" or, you know, like, "How are the ways that you're messed up now because of it?" And that's just not how I feel in my life story about it. Like I feel like this is something that happened to me, it was a product of many, many hard decisions and compromises and life situations and immigration and colonization and American colonization and the particular time and isolation of our family, and so, it's so complicated that then outside assessment of like "good" and "bad" is just not applicable to how I feel like the story has been for me.

And even as an adult when I think of healing from that, I definitely don't think about any of those things. Like when I think about my grandfather, like I actually don't think he's like a horrible person. I don't think he's like an asshole, because I have a lot of great memories of him too. And I don't think that American counselling and therapy is going to help me. Not that I haven't gone to it! I've actually, I've definitely gone to therapy. But around this, I think it's not the most helpful thing.

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