

## **Resiliency is in All of Us**

Just about 4 years ago my life flashed before my eyes, the journey hasn't been easy but all of my accomplishments along the way have kept me pushing forward. It was, as it seemed, a normal beautiful summer day and someone my sister had brought into her life made a decision that changed all of our lives. He forced his way into her home, throwing me to the ground and chasing her to her bedroom to try and kill her. What I saw that day hasn't left my brain but working through the pain and taking it as fuel to putting out the fire I am fighting has yet to let me down and has kept me on my road to recovery. We both fought for our lives that day and it has felt like forever to get that life back but it is also something I told myself from the very beginning that I would not let him take away from me. I may have lost myself as well as some people along the way but it has only proven to me what support from people who love you really means. I have yet to stop fighting for my spark for life, though at times it may seem rather dim. It is, no matter what, still shining. That light is very hard to put out and keeping the drive to move yourself forward with your fight will only make it shine brighter.

*By Kirby -A former client*