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SA

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SA

GABRIELA DZIEKAN

Journal Entry 10-22-22

yesterday, I talked about a sexual assault story to a class of high school strangers.

a year ago I was sitting in the same seats
still in a trance

mourning the loss of the version of him I painted in my head
discrediting my own stories with every bone
for every cell in my body was manipulated into believing it never really
happened

that the fictitious damage I've breathed in over the years was illusory
the delusion became the scalpel for the lobotomization of my memory
I brushed off gashes as if they were merely cuts
caused by tear-soaked fortune tellers of my youth
with a knot in my stomach

my hands trembling

I persisted

with this flesh, I neglected for so long

I can finally say

I'm proud to wear

it's a work in progress

the forgiveness of transgressions

but if I learned anything from this experience

it's that bitterness was essential for survival

don't let anyone tell you differently

bask in the rage of the "7-year bitch"

until a revolution sparks in your soul

slowly with time

you'll find the courage to let go

and softness will find its space to grow.

- We have been conditioned to confuse anxiety with chemistry,
get out of the chokehold.

Damien Mendez.
Disappearance.
Photography.