

HEALING

A resident of Sojourner Truth House created this poem

believe in yourself

Feel all your feelings
both joyful and sorrowful

let them be your guide
to understanding
and knowing
yourself.

trust in yourself

Share with others
your failing
your accomplishments
and your dreams.

Their encouragement and acceptance
will give you so much peace.

be honest with yourself

Let go of the anger
the pain
and the hurt.

It's time to move forward
to accomplish
your goals.