

Butterfly Diaries Sampler

Excerpts from

Emerging From the Past Transformed

A true story in creative essay form by Raewyn Alexander

Based on interviews with Mary*

*Name changed for confidentiality



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[Mary] hoped to leave her home-town behind with her troubles. Study did provide an initial escape and a new city, distractions. Some entertainment included drinking excessively however and she suffered too from the emotional labour of hiding her past, damaging beliefs obstructed health and focus.

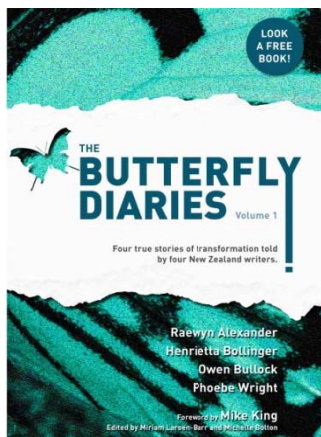
After someone else tried to take Mary's life during holiday work at home, a shocking experience, emotional upheaval ripped her 'baggage' of trouble, things started to fall out.

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Many suicidal people believe what they're told by bullies at the worst times, then believe they have to stay broken (which may become intolerable); this is a lie. The absolute falsehood inflicted on people who feel broken is that they can never recover. However we certainly can and do mend, especially with assistance. A bully tries to isolate a victim, we may also bully ourselves. The moment anyone steps out of isolation however, reaches to someone trusted and supportive for help, we rewrite our part, throw off the dark veils of the negative persona who tries to trick us we are nobody. Instead we step into the light, where we're clearly somebody, change for the better.

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Mary believes it is important to acknowledge that we bring who we are with us, everywhere. *'I'm from a broken, but very loving, family. I'm currently a closet academic, writer, guitarist, cyclist and a youth worker and I love learning. This is my baggage...part of my whakapapa. It is who I am.'*



... Find Mary's Full Story in the Book ...

The Butterfly Diaries is a free book of real-life stories about overcoming the experience of being suicidal. Check out the story samples online. Order a copy of the book for you or someone else by making a donation to Engage Aotearoa.

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