



A Voice in the Tide: How I Spoke My Truth in the Undertow of Denial and Self-Blame

Nancy Shappell

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A New England woman, fighting muted incest memories with toxic self-injury, is on a mission for the mother who denies sacrificing her, to validate the family truth before one of them dies. After decades of self-blame and illness Nancy realizes, the very things she had fought against, detoxing her own fear and anger, living her truth, and loving herself, were the only real sources of validation.

“Things happen in my house I have no words to describe. They bury and hide in places forgotten. But I will remember forgetting. I am the holder of the truth”

“As long as I am living to please, rebel against, or be validated by my mother, I cannot be a complete adult. The grown up part of me knows that. But the chosen child holds resentful to the painful truth that mumma failed me, turned her back to a screaming child, a drunken teenager, a shamed women. I am on a quest to make her aware of that until she loves me, or dies.”

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