



## Broken and Missing Pieces

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A recent client, JoAnna, has given me permission to share some of her journal notes. She is a sweetheart to open up to the whole world. She writes so that others will know they are not alone.

"I call for help, no one is there. Help me Lord find my way. As I stand looking for a solid place I only see the broken pieces of a heart once whole. I wonder if I will ever be whole again. If so, where do I begin? I am lost. Does anyone know? This journey I'm on is dark and cold, filled with pain. My heart aches. The hurt inside is raw. The grief is unmeasurable."

JoAnna was in a lot of pain as you can see. It was such a privilege to walk beside her in her journey. She was not as alone as she thought. Sometimes just knowing there is someone there makes all the difference in the world.

JoAnna continues, "I am lost and all alone. I wonder if I will find my way back home, a place where I am safe from fear. I hunker down on the floor, feeling the pain of my own shame. Does anyone know? Does anyone care?"

"I can't breathe, death is at the door. Where is life and where is peace? Can someone show me the path I should take? As I lay low, deep inside I pick up the pieces that once were whole beauty...a reflection of love, a place of peace, a warm embrace lived."

Her thoughts continue..."Now the pieces are shattered and misplaced. The piece left is cold and hard. Another piece is dark and another piece just lies there dead. Will these pieces ever be restored? Broken and missing pieces...."

If you feel like JoAnna...just know you are not alone! Many of the ladies I work with are so lost and at the end of their rope. There is solace knowing there are others out there in that place of bleak desperation. Brief intensive counseling got JoAnna back on her feet. This might be your answer too! Go to [www.missingpieces.org](http://www.missingpieces.org) for more information.