Trauma Unmasked

Survivors of trauma stepping out of the shadows of silence
I feel all the time...pain, sadness, and instability.
I keep silent and don’t want anyone to ask what’s wrong with me. My answer is always the same – "Nothing" – but deep down I feel everything.
I have lost everything, even myself.
This was not supposed to be my journey. This was not supposed to be ME!
The war vanquished hope. We are either refugees in other countries suffering from alienation, mortification, or misplaced in our country, Syria.