

It was one story.

"Sometimes it's the same moments that take your breath away that breathe purpose and love back into your life."

– Steve Maraboli, Unapologetically You: Reflections on Life and the Human Experience

One email, one story, and one loving soul changed everything. One was more than enough, one was what I needed when I needed it.

I found one person in my darkest hour who listened to me, who believed my story, and who changed everything. One person gave me hope that I would be whole again, one person validated what I had to say, and this one person did this by sending me an email back. One email to my inbox saved me.

The thought of that email still brings tears of gratitude to my eyes. It may not have seemed like much to her, but to me it was the winning lottery ticket. That lottery ticket was the gift of her story. Her story that is almost just like mine, turned the crazy off in my head. I then had the ability to learn and research where I was in my wasteland of misery and how I got there.

I started to read, I started to write, and I began to heal. I did this without having to be alone. I didn't need to contact my soul savior over and over again to be okay, I only needed to know that she existed and that she is a real person with a story just like mine. I tried to refrain from writing to her too often in the days when the dark cloud was my constant companion, for I knew she is a busy person. Yet, every time I did write to her, she always wrote me back. Every single time she wrote back to me. She did this for me.

Was it the power of her words that initiated the abrupt change in my view of myself and the world?

It was more than the words that helped me. It was the story. It was being able to share a like story with someone else. She was able to give me insight on the

dynamic of what I was facing and this gave me strength. Her words of encouragement were also inspiring and always just at the right time.

That is how I got here today. That is how one minute at a time, one breath at a time, and one story at a time helped me heal. It is a journey every day. Some days are still awful but they are far from hopeless. I found faith, hope, and tools that I use every day.

This is how we can all help one another. I have tools and insight to stories like mine, you have your story with its gifts as well.

It all begins with a story. Your story.

Tell your story and we will all "heal one story at a time."