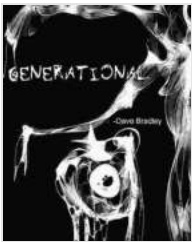


Short Poems About Family Trauma and Acceptance: Breaking Chains, Bonds, and Curses

Family trauma is a serious issue that can have a lasting impact on individuals and families. It can be caused by a variety of factors, including abuse, neglect, addiction, or mental illness. Family trauma can lead to a number of problems, including depression, anxiety, PTSD, and substance abuse.

Poetry can be a powerful tool for healing from family trauma. It can allow victims to express their emotions, process their experiences, and find hope and healing.

Here are a few short poems about family trauma:



Generational: Short poems about family, trauma, and acceptance (Breaking Chains, Bonds, and Curses Book

1) by Davo Bradley

★★★★☆ 4.7 out of 5

Language : English

File size : 22394 KB

Screen Reader: Supported

Print length : 56 pages

Lending : Enabled

Hardcover : 80 pages

Item Weight : 7.2 ounces

Dimensions : 5 x 0.25 x 8 inches

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Chains

I am bound by chains That hold me back From being who I am From living my life

My family's chains Are made of guilt and shame Of secrets and lies Of abuse and neglect

I am breaking free From these chains One link at a time I am taking back my life

Bonds

We are bound together By blood and by pain By love and by hate By secrets and by lies

Our bonds are unbreakable They hold us together Even when we want to break free

We are a family And we will always be connected No matter what

Curses

I am cursed with memories Of a childhood filled with pain Of a family broken by trauma

I am cursed with the knowledge That I am not alone That there are others who have suffered As I have

But I am not giving up I am breaking the curse One chain at a time One bond at a time One curse at a time

Acceptance is an important part of healing from family trauma. It does not mean that you have to forgive your family or forget what they have done. It simply means that you are no longer letting their actions control your life.

Acceptance

I am learning to accept The things I cannot change
The things that have happened
The things that have been said

I am learning to accept My family for who they are
Not who I want them to be

I am learning to accept Myself for who I am
Not who I think I should be

I am learning to accept My life for what it is
Not what I wish it could be

I am learning to accept All things in their time
And to find peace In the present moment

If you have experienced family trauma, it is important to know that you are not alone. There are others who have been through similar experiences and have found healing.

You can break the cycle of family trauma by:

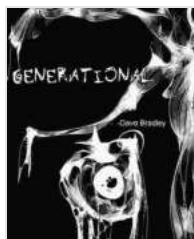
- Seeking professional help
- Joining a support group
- Reading books about family trauma
- Writing about your experiences

- Talking to trusted friends and family members
- Practicing self-care

Breaking the cycle of family trauma is not easy, but it is possible. With the right help and support, you can heal from your trauma and build a healthy and happy life for yourself.

Family trauma is a serious issue, but it can be overcome. Poetry can be a powerful tool for healing from family trauma. If you have experienced family trauma, please know that you are not alone. There are others who have been through similar experiences and have found healing.

You can break the cycle of family trauma. With the right help and support, you can heal from your trauma and build a healthy and happy life for yourself.



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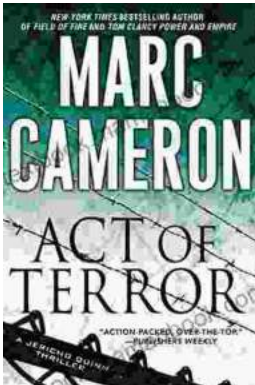
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