

THE PRICE SURVIVORS PAY

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♥ And why the world owes them more than silence ♥

First, we were tortured.
Not metaphorically—*literally*.

- 🧠 Mind split by design.
- ⚡ High-voltage trauma.
- 💧 Ritual abuse.
- 💊 Drug-induced amnesia.
- 👶 For many of us... it started at birth.

We were *kids*.

Some of us—infants.

Then we were silenced.
Programmed to forget.
Punished if we remembered.
Threatened if we spoke.
And for decades... most of us didn't.
Because we couldn't.

But now, we are remembering.
And we are speaking.
And *that* should be enough.

But it's not.
Because once we speak...

- 👂 they question our timelines.
- 👂 they dissect our stories.
- 👂 they want “proof” from the broken and buried.
- 👂 they want polished narratives from shattered souls.

As if we *could* remember in a straight line.
As if you would, too,
after a lifetime of rape, shocks, torture, and chemical erasure.

We survived the unthinkable.
We clawed our way back to voice, to memory, to truth.
And instead of being met with awe...
we are met with critique.

And yet—
we keep going.
We tell our stories anyway.

Not for fame.
Not for clout.
God knows not for money.

We speak because no one else will.
We carry the torch through the darkness.
We are the light that refuses to go out.
Even if no one cheers.
Even if the world shrugs.
Even if it costs us everything.

And let's be clear:

-  Survivors are the blueprint holders.
-  Survivors are the living evidence.
-  Survivors are saving this world.

While the rest debate theories on TikTok,
we're out here living the apocalypse in our bodies—
still holding hope.
Still offering love.
Still showing up.

That's the price.
And we've paid it.
In full.
With interest.

So next time a survivor speaks,

-  Don't you dare ask why they didn't say something sooner.
-  Don't you dare fact-check their shattered timeline.
-  Don't you dare look away.

Instead—listen.
Really listen.
And then thank them.

Because you wouldn't even know what was being done in the dark
if one of us hadn't had the courage to drag it into the light.

—

With love and clarity,

Brenda

Brenda Jean Bullis

Founder, Blueprint HOPE

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