

💔 The Silence After the Storm

May 30, 2025 | Blueprint HOPE



For the Ones Who Spoke — and Got Nothing in Return

There's a special kind of pain that comes
not from the trauma itself... but from surviving it and being met with silence.

No justice.

No apology.

No validation.

Not even acknowledgment.

Just the blank stare of a world that can't — or won't — look.

And maybe that's the part they don't talk about enough:

It's not the abuse that breaks you.

It's what happens after you find the courage to tell the truth
and it echoes into emptiness.

You rebuild.

You speak.

You risk everything to show others the way out.

And still... no platform.

No microphone.

No "follow" or "share."

No well-meaning docuseries to wrap your pain in digestible drama.

Just more algorithms.

More shadows.

More of you wondering if the silence means they want you gone.

Some survivors are elevated.

Platformed.

Given book deals, stages, podcasts, applause.

But others — like me — are sent to the corners of the internet like ghosts.

Too raw. Too real. Too inconvenient.

And when you're *one of those*...

You start to wonder:

Am I too much — or am I just too true?

I'm tired.

Not just in body.

In soul.

Because while others are out there *curating* their healing journey...
We're the ones who *survived what they won't even look at*.

And it's not just me.
There are thousands of us — the invisible ones.
Still carrying the torch.
Still bleeding truth.
Still unthanked.
Still unshared.
Still unseen.

But let me say this now, to anyone still reading:

We never needed your permission.
We *are* the frequency.
We *are* the revolution.
And even in this silence, we are *unshakably real*.

This world owes survivors more than it could ever repay.
So if you're one of the invisible ones...
I see you.
I *am* you.
And you're not alone.

This post is our microphone.
This silence is our proof.
This breath is our rebellion.

Disturbed: [**The Sound of Silence**](#)

Still here. Still holding the line.
— *For all those met with silence and the **millions who did not survive**.*

Brenda

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