

TELL

There are some words that are just too hard to say. Words that make you feel something you don't want to feel. Words that make you feel pain, or shame, or guilt, or embarrassment. Tell.

There are some words that have names you don't even know. Words you could describe, but not name. Words that talk about something too hard to say. Words that you hope the officer you're talking to will say so that you don't have to. He will say the words and you can simply nod, yes, that is what happened.

There are words that you will bury and hope that time will form a perfect scar to cover them. Words that will, from time to time, come to the forefront of your mind for some reason or no reason. A smell? An anniversary date? A sound?

There are words that you believe you will never think of again. Words that you are sure are so deeply hidden they will never resurface. But they will. They will haunt you again and again, until you tell.

That is why you must tell. You must find a way to face the pain, or shame, or guilt, or embarrassment and **tell**. You must learn how to find the names of the words that you can't say and **tell**. You must dig up those buried words and let them dangle there in the bright light of day, their power over you melting in the hot sun. **Tell**.

There are so many of us that have these words. So many of us who stay silent, no matter the cost. So so many of us who think we are the only ones. So many everywhere that we are invisible. Hiding there, in plain sight. Smiling there, like nothing ever happened. Listening to anything but the words we cannot say.

I say, **TELL**. Let the words shame THEM. Let the words pain THEM. Let the words embarrass THEM. Tell now or tell later but **TELL**. Don't let the world go on as if nothing happened. Tell anyone who will listen. Tell everyone who tries to say "we're sorry." Sorry? Sorry is for when something unavoidable happens. Sorry is for a tragic accident. Sorry is

not for something the whole world knows is happening but can't, or won't, stop.

Tell them the words. Tell them, tell them, tell them, tell them until the words are so loud they're no longer even words but only a single realization that we can and must do better. **Tell.**