

A Second Chance



How my experience with a dog helped me to embrace my own journey with PTSD

THIS ZINE IS DEDICATED
TO KATE, & ANYONE LIVING
WITH PTSD. I HOPE THIS
STORY MAKES YOU FEEL SEEN.

I AM A FIRM BELIEVER THAT ALL
ANIMALS CAN TEACH US SOMETHING.

IN ALL MY LIFE, THERE HASN'T BEEN A
SINGLE ANIMAL I HAVEN'T CONNECTED WITH.



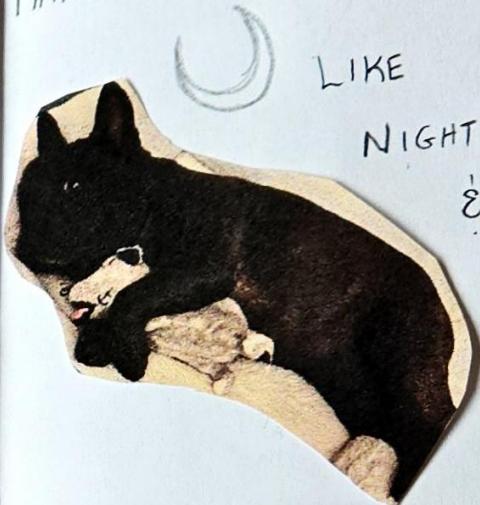
THIS IS A STORY ABOUT MY FRIEND KATE.
I'M USING REAL PICTURES TO TELL HER TALE,
INSTEAD OF my usual DRAWINGS, AS KATE'S
STORY HIGHLIGHTS A VERY REAL FEELING OF
A SHARED EXPERIENCE IN MYSELF &
MANY OTHERS.

BEFORE BEING FOSTERED OVER TO US, KATE'S LIFE WASN'T EASY. WHILE WE DON'T KNOW THE FULL HISTORY, HER FOSTER MOMS INFORMED US THAT SHE WAS **SEVERELY** ABUSED.

AND RIGHTFULLY SO, SHE DIDN'T TRUST VERY MANY PEOPLE.

HER FOSTER MOMS WERE GRACEFUL ENOUGH TO PROVIDE HER A FOUNDATION FOR A SECOND CHANCE, & WE WERE **LUCKY** ENOUGH TO BE THE CHOSEN FAMILY FOR THAT NEW CHAPTER.

IT WAS A NEW CHALLENGE FOR US, TOO. BEFORE KATE, WE HAD ANNABELLE WHO WAS IN **LOVE** WITH ANYONE WHO PET HER. KATE ONLY TRUSTED US.



AND THAT IN ITSELF TOOK TIME. SHE NEVER IMPRINTED ON MY BROTHER UNFORTUNATELY, BUT JUST LIKE THE SIMILAR HUMAN PTSD EXPERIENCE, SHE DIDN'T PICK WHO SHE **TRUSTED**, OR WHAT TRIGGERED HER.

OVER TIME, KATE REALLY GREW IN
HER COMFORT WITH US, & THE LOVE SHE
HAD TO OFFER REALLY SHONE THROUGH.



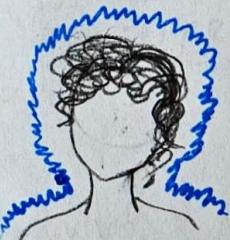
ALL SHE NEEDED WAS FOR US TO
GIVE HER A REAL CHANCE. LIVING
WITH PTSD MYSELF, IT WAS CLEAR
KATE & I SHARED A STORY.

AND, I WASN'T THE ONLY ONE...

SURVIVING SEXUAL ABUSE
MADE IT VERY HARD TO TRUST
PARTNERS, OR TO GO OUT IN THE
WORLD. DESPITE THERAPY, IT HAUNTS ME STILL.



MY MOM SURVIVED A
TOXIC HOME LIFE & ABUSE.
DESPITE MY FATHER'S
EMPATHY & SUPPORT, HER TRUST ISSUES
REMAIN.



MY FIANCÉ WHO
EXPERIENCED SEVERE
TRAUMA WITH FRIENDS
STILL QUESTIONS THE
INTENTIONS OF THOSE WHO TRY & GET
CLOSE WITH HER.

EVEN MY BROTHER, WHO
NEVER GOT TO MEET KATE RELATED
TO HER.



AS A SURVIVOR OF A SHOOTING, THE
WORLD AROUND HIM WILL ALWAYS HOLD
AN ELEMENT OF FEAR, NO MATTER
HOW MUCH HE HAS PROCESSED THE
EVENT.

POINT IS, WE ARE ALL KATE
IN SOME WAY. IN MY EXAMPLES,
I'M LUCKY TO SAY OUR LOVED ONES
GAVE US A CHANCE TO BE LOVED
DESPITE OUR BAGGAGE.



JUST LIKE KATE.

THERE ARE MANY STORIES OF PTSD
THAT SADLY WILL NOT BE GIVEN
THIS GRACE.



AND THAT HURTS LIKE
HELL TO THINK OF, LET ALONE
EXPERIENCE.



KATE EMPHASIZED THE IMPORTANCE
OF EVEN JUST ONE PERSON GIVING YOU
THE UNDERSTANDING & PATIENCE YOU
NEED TO BE LOVED AS YOUR WHOLE
SELF.



AUTHENTIC LOVE IS ONE OF THE
MOST POWERFUL FORCES ONE CAN
EXPERIENCE, & I AM SO GRATEFUL
TO HAVE SHARED IT WITH KATE.

TO BE WITHOUT THIS FRIEND WHO
I FELT UNDERSTOOD ME AS I UNDERSTAND
MYSELF IS HARD.

AND SHE LOVED US

BECAUSE WE AUTHENTICALLY LOVED
HER.

BUT HER STORY WILL STAY
WITH ME FOR A LIFETIME.

LIVING WITH HER WAS A JOURNEY
THAT WAS LONG, BUT ONE I WISH
HADN'T ENDED SO QUICKLY.

KATE, AS YOUR SOUL RESTS IN
THE STARRY COSMOS NOW, I HOPE
THE LOVE WE EXPERIENCED IN
OUR PHYSICAL LIVES TOGETHER
FOLLOWS YOU.

YOU TOUCHED OUR LIVES
IN A WAY NO HUMAN
BEING EVER COULD. MAY THIS
STORY HONOR YOUR LEGACY.

WE LOVE YOU.

WALL OF YOU.





IN LOVING MEMORY

OF

HKATE

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