

# 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.

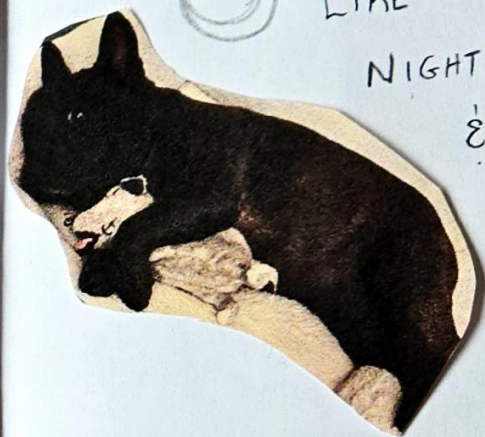


BEFORE BEING FOSTERED OVER TO US,  
KATE'S LIFE WASN'T EASY. WHILE WE DON'T  
KNOW THE FULL HISTORY, HER FOSTER MOMS  
INFORMED US THAT SHE WAS **SEVERELY**  
ABUSED.

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.



LIKE

NIGHT

&

DAY



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 FIANCEE 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.

AND SHE LOVED US

BECAUSE WE AUTHENTICALLY LOVED  
HER.

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

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

BUT HER STORY WILL STAY  
WITH ME FOR A LIFETIME.



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  
KATE

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