

~~My~~ My experience at lifting voices made me  
be able to control my anger and ~~experience~~  
my ~~anger~~. Also it helps me to connect with  
THOUGHTS

the real me the Erica that has been here  
along but no one ever discovers it, the  
Erica that I ~~love~~ <sup>LOVE</sup>. Not the Erica that every-  
one else loves and is proud of. Not the the  
Smart, know it all one but the one who  
is creative, ~~is~~ caring and loving. The  
adult mind, the Machore Mind. THE WRITER

~~When~~ Lifting voices has made a great  
change in my life and change that inspired  
me and inspired me to be me the real me. At  
all times even ~~when~~ when everyone expects the  
Smart, know it all one. It taught me  
to love that smart, know all to, to love  
to ~~be~~ ~~of~~ of me, all of me ~~because~~  
BOTH / I know there is a million  
of ~~diff~~ completely different Ericas  
in me. Scarying It's my turn, it's my turn.  
But, ~~now~~ now I know to love not one Ericas,  
Not two, Nor three but, ALL

~~EVER~~ EVERY SINGLE  
LAST ONE bbb