

# The Nelson Trust Griffin Programme – transforming lives



I have the ability to change.

It does not define me.

I don't look at myself as damaged goods any more.

I now care.

I learned where my sex working history originated from.

I have some acceptance.

I learned what intimacy is.

I am entitled to a sexual bill of rights.

Helped me see what a relationship was and helped me see I didn't have one.

I am changing.

I have the right to see things differently.

I don't feel quite so angry with myself.