

## Reflections Practice

### Small Group

***"I can't leave... I can't. I have nowhere to go, I literally have nothing. CPS is always there, but nothing ever changes. I wish there were options, but there aren't. I am so tired of being afraid all the time."***

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***"It's easy for you to say - you don't live my life, you don't live with my family, you have no clue what it's like for me. You don't have to deal with all of the crap being forced on me. No one cares what I want, they all just want to control my life."***

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