



WISAPSP ASKED A PANEL OF ADULT ADOPTEEES

What are the most important messages for adopted youth to hear today?

Don't be afraid to speak your truth. Love is not something that's limited. It's not a pie to cut up. You can love your birth family and adoptive family equally; you don't have to choose and shouldn't have to.

Being taken away from your birth mother isn't natural. You have been through trauma and it's a primal wound. It's okay to reach out to other adoptees and find people to talk to about it.

It's your story to tell, to who you want to tell, when you want to tell them, and it doesn't have to be the same to every person you tell. Your story doesn't need to look like and sound like others.

Connecting with adoptees is really important. Find adoptees who are willing to just listen. Ask questions, but you can tell and find a safe place for people to just listen who have gone through something similar and know your feelings more than anyone else can.

You are not alone. Your perceptions and emotions are real. Your experiences are valid. You may struggle, but you can overcome them. Finding therapy and other adoptees and groups that can help you work through your experiences are really important.

There's never going to be an age that you hit where you have it all figured out and you're okay with it.