



## WISAPSP ASKED A PANEL OF ADULT ADOPTEEES

What are the most important messages for adult adoptees to hear today?

### THIS IS WHAT THEY SHARED

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Your story is valid and unique. There is nothing wrong with you. You may have had to face challenges and overcome things that others didn't, which could result in special needs and unmet needs you now have. It's okay and it's normal. You aren't alone if you feel wounded from your trauma. Searching for the truth is healthy and it's your right.

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Connect with other adoptees. It's healing, you learn a lot, there will be up and downs. Connections will let you know more about yourself. Don't be afraid to speak your truth.

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Your journey is valid. Other adoptees stand with you, whether your journey is similar to ours or not.

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