



**NATP**  
NATIONAL ASSOCIATION  
OF THERAPEUTIC PARENTS



*Centre of Excellence in*  
**CHILD TRAUMA**

### **The Rainbow of Hope**

I must be unlovable or they would have fed me  
I wasn't enough to make them stop fighting  
To throw the drugs and drink away  
To keep me safe

I must be unloveable or they would have fed me  
Got up in the night  
Been available in the morning  
Stopped screaming and swearing at me

I must be a disappointment or they would have claimed me  
I would have been their special boy forever  
I am definitely a failure  
I couldn't make them love me enough

I'm scared to try anything new just in case I fail and you see how bad I am  
I can't cope with success as I don't deserve it, it doesn't fit  
Success and me are like green and yellow, they just don't go together  
Praise is an insult to the truth about me. I'm nothing, a no one, just bad

This is why I lie to you, I can't let you see the truth about me  
I can't risk further rejection in your eyes  
An end to yet another risky relationship just to stay alive  
To have move again, be excluded, starved or hurt

Julie said she understands why I feel this way but she sees me differently  
Julie says it's ok to be different to other kids  
Sunshine and rain are different but between them they create a rainbow  
Julie is helping me to believe in the rainbow

Maybe Julie IS my rainbow...

## NATP 128 – The rainbow of hope

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