

Words are not enough.

How can I possibly explain the pain, agony, and suffering that I feel on a daily basis? How I am so jealous that other people can live day to day while I stand motionless and still, since the day of learning of Ariana and Tyler's murders. How can I possibly explain to people the tormenting misery that I experience every minute without my children? How I feel the need to tell everyone that I meet, that I have lost 2 children. I am exploding with so much pain that no one can see and even when I describe the pain, the earthly words can never seem to convey the true raw emotion.

It feels as though I am serving a harsh life sentence for a crime I did not commit. I am the victim of a cruel, heartless, violent crime. Never again will my life be the same.

How do I describe the unbearable, emotional pain that leaves my grief-stricken body physically exhausted everyday and the physical exhaustion that comes from the malicious nightmares that assault my brain every night?

Or how I have to grapple with the horrendous details of the murders. Knowing how much torture my children went through. Knowing that they were starved, beaten and left to die by someone who was supposed to love and protect them. Knowing that they were in so much pain and there was nothing anyone would do to help them. How scared and frightened they must have been. Let alone the pain from their little tummies hurting without food or water.

To know that my daughter's lifeless, decomposing body was found in a dumpster. And that my son's body is in a landfill and will never be found. To think that my children's bodies were thrown away like yesterday's trash. Not having Tyler's remains found will leave me in limbo, hoping that he is still alive knowing that he is not.

How do I possibly put these thoughts into words that everyone could understand?