



Oh, the comfort  
the inexpressible comfort  
of feeling safe with a person;

having neither to weigh thoughts nor measure words,  
but pouring them all right out,  
just as they are,  
chaff and grain together;

certain that a faithful hand will take and sift them,  
keep what is worth keeping,  
and then with the breath of kindness blow the rest away.

From: *A Life for a Life*: Dinah Maria Mulock Craik. 1859  
(b. Stoke-on-Trent, 20 April 1826 – d. Bromley, 12 October 1887)