

Chapter 0387

Warmth.

Softness.

Safety.

That's what I feel right now. I recognize the smells here, even before my brain and body fully wake-up. I'm home, I can feel it in every fiber of my being. A smile creeps across my face as I start to blink my eyes open and take in my surroundings.

"SKYLAR!" A scream from somewhere in the room brings me out of my safe bubble and I am plunged back into that dark dank cell. Was I dreaming? Is my mind starting to play tricks on me to make me feel safe? "SKYLAR! HELP! HELP ME!"

I shot up from where I was laying, looking to my left for Jena. But she's not there, a door is there. No, Jena is chained up to my left. What the f*ck is going on?

SKYLAR! PLEASE, HELP ME!"

I shake my head, I'll figure it out later, Jena needs me first. I swivel my head to the right and see her thrashing in a bed a couple feet from me. A bed. We never had beds. The white comforter is on the floor and she is tangled in the sheets to the point of strangulation. I shut my analyzing brain down and ran to her.

I grab her by the shoulders so she doesn't hit me in her quest to get free of her nightmare.

"Jena, Jena, I'm here. Jena you're safe, open your eyes." More thrashing and whimpering. "JENA, WAKE UP, NOW!" I shout at her.

She finally opens her eyes and recoils from me a bit. I keep my hands up in surrender until she is able to focus on me. Just then the door bursts open and Doc Sylvia, Osiston and Lillian are there. Jena jumps back more, receding into the spot where her headboard meets with the wall and she makes herself as small as possible.

"Jena, look at me. Just me, Jena, look." Finally her eyes turn towards me, wide and unfocused. She's awake, kind of, but still locked in her dream. "We. Are. Safe. Do you hear me? We are safe, you're here with me." I reach my hand out to take hers, but she just recoils more into her corner.

"What can I do? This is getting worse the longer we are out of that prison." I don't look behind me, but the question is aimed at the people standing, waiting behind me.

"Try to get her to tell you what is real. It will help her brain to start to accept that she is free. I don't even know if she can hear me right now." Doc Sylvia says from the door. "Five things that she can see. Four things she can feel. Three things she can hear. Two things she can smell. And One thing she can taste. It's a grounding technique for panic attacks." [1](#)

I just nod, never taking my focus off of Jena. "Hey, Jena."

My voice is soft, but not placating, she has always hated that. "Look at me, we are going to get through this, but you have to let us help you. Nod if you hear me." I scoot a little closer, close enough so I can touch her hand.

She finally focuses on my face, I know she is trying and present at least.

"Tell me five things you can see."

"Her eyes darted around the room, almost like a trapped bunny. "I see you, right in front of me."

"Good, what else?"

"I see the sheets wrapped around my legs. I see the people at the door with Doc Sylvia, I don't remember names though." She gives me a weak smile.

"Good, two more."


"I see another bed, your's maybe and a desk in the corner."

I nod. "Good, tell me four things you can feel."

"I feel your hand." She smiles for real this time, it's small, but real. "I feel the soft bed and pillows. I feel the warm air coming from the vent."

"Alright, three things you can hear." She's starting to look more alive. There is color to her cheeks and her eyes are open and curious, not frightened.


"I hear breathing; voices outside the room. Where are we? I hear lots of voices and silverware clinking."

 +5 BONUS

I don't get distracted by her question. There will be plenty of time to show her around the compound. For now I need her to know, beyond a shadow of a doubt, that this is real. "Two things you can smell."

She closes her eyes for a second and then opens them. "I smell myself." She grimaces. "I need a shower, badly." I laugh with her.



"We both do, but that hasn't been on the priority list. What else?"

"Bacon! I smell food, real food." Right on cue both of our stomachs rumble and we both laugh as do the people behind me. Jena takes notice for the first time and grasps the sheet, pulling it tight around her. 

"Hey! Hey, right here." I pull her focus back to me. "What can you taste?"

She just sits there looking startled again.

"Jena, we are safe, tell me what you can taste right now." I hand her a bottle of water, trying to prompt her to drink and answer my question. She was doing so well, but she won't be able to cower forever. We need to push her to break out

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She takes the bottle from me. "What do you taste?" I ask again.

She gulps one big mouthful. "I taste clean water. There's nothing in it but water." She looks at the bottle like it's trying to trick her, then back to me.

"We are safe. Now, let's get clean and downstairs before all of the bacon is gone."

She slowly gets up and follows me to the bathroom. I help her get the hot water turned on and tell her I am going to leave the door cracked so Doc Sylvia and I can hear if she needs help.

While I wait I cross the room to Lillian and give her another big hug. "Thank you for coming for us." I let her go and walk into Osiston's arms. He wraps me up in his massive embrace. My arms almost don't reach all the way around him, my fingers barely touching.

"We will always come for you, not just because you are a warrior, but because you are family, Little One." I hug him a little tighter at that and fight to keep the tears at bay. I can't cry here, I'm not sad, not really. I just didn't know how much words like that would mean to me.

Jena comes out complete with the black warrior training uniform I put in there for her and I head in for my turn. I keep it quick, not wanting Jena to be alone with anyone yet.

I don't know how she feels about this place or my team and friends and I don't want her to have to go down to the chaos of the cantina alone.

I clean as quickly as I can, while still trying to get however many days of grime off of me. I have to remember to ask how long I've been gone, I still don't know. Once I feel like I got as much filth off. I step out and dry off with a fluffy white towel. I never knew I would appreciate such simple things like showers and warm towels, but here I am and it's glorious. I put on another warrior training outfit and it's another thing I will never take for granted.

I walk out with my blonde hair stringy and wet hanging to just below my shoulders. It's finally starting to really grow out since Kaley cut it off, man how long ago was that? I really need to get better at keeping track of time. 6

I walk out of the bathroom to Lillian and Doc Sylvia talking to Jena. She looks like she's trying to keep up, but maybe a little uncomfortable.

"Hey, I'm hungry. Are you ready for this Jena? It's going to be a lot of people and a little crazy. We can just eat up here until you're comfortable."

"No, I'm okay." She takes a deep breath like she's getting ready for a battle and stands up. "I'm going to have to do it sooner or later, I can't hide out forever. Just maybe don't leave me, okay?" She asks, looking up at me through her eyelashes, her face still tilted toward the ground. Like she is ashamed of the question.

"I won't leave you." I smile at her and link our arms as I lead

her towards the door with Lillian and Doc Sylvia following.

"I have to get back to the hospital for a while and gather things for the both of you. I will be back in about an hour. Sierra has been rattling my head waiting to hear about you." She pokes me in the shoulder and I giggle.

"Can you bring her back with you? I don't know when Osiston will let me get back up to the school." I plead.


"I'll ask, let's get you both some food, you've been out for a little while."

"That reminds me. How long was I gone? How long were we out? I don't have any idea about time right now."

"The Alpha King wants to talk to you about your time away, but you both slept for two days after we found you and brought you back here. Just so you both know," She stops us just outside the door in the empty hallway. "I did a full exam on you both." She pauses to let that sink in. "We didn't find any permanent damage in either of you, but I did take samples for research. Jena, we also had to remove your IUD. It was damaged and causing some damage to your uterine walls."

"What does that mean?" Jena gasps, tears forming in her eyes.

"Only time will tell, but we will check on your healing regularly. For now everything appears normal, but I believe you should know what is going on, even if it might be a little scary. I believe you have been kept in the dark for too long." She pats Jena on the shoulder. "Even the stuff that's hard to

 +5 BONUS


talk about. Knowing what you face will only make you stronger, and voicing what is going on with you will also help. Come to me for anything, alright?"

She snuffles and nods. I wrap my arm around her and start to move forward again. We head down the main stair case and through the white foyer to the large common room. All conversation just stops.

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