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Court Briefing
Case #11739914

Nightgown is a collection of little moments, the realizations in the wake of abuse. In moments like those, nothing feels real. Nightgown is my proof to myself that it was. This album is about the breakdown and eventual healing. The nights I spent losing my mind on my bedroom floor wondering how this happened.

I still vividly remember July 25, 2020. That night was a hypomaniac fever dream spent sitting at my piano. It was almost midnight when I started writing, and I knew I would not be sleeping. I wrote 10 or so songs that night, 5 of which made it to the final album. That night was the beginning of a 5-year process to get to today when this album reaches your ears.

The process of making this album was like sucking the poison out of a snake bite. I took my pain and transferred it into song when I could no longer hold it within myself. This album represents the most personal story I have ever told. There were times I didn't know if it would ever see the light, didn't know if I would ever be able to be honest about what happened to me. I deeply feared the vulnerability and potential fallout. In the end, my desire to hide away was overshadowed by my need to show other survivors like myself that they were not alone.

The act of releasing this album is proof that I am reclaiming the power I lost. I am so proud that I have the chance to share it. I can't believe I've been patient enough to sit on this and release it at the right moment. Now, it's finally yours. And I promise to tell the truth, the whole truth, and nothing but the truth.