

Quotes from survivors

“Once I was able to let my shame go I became a new person. I did not know I was carrying such a heavy weight until it was gone. It’s great to be free! I can’t stop smiling.” Pam P.

“People need to know the full extent of what victims struggle with and I appreciate you letting them know. Sexual abuse affects every area of your life!” Janice T.

“I think victims need to know they have the choice to heal. I have met fellow victims who do not want to let go of hate. They do not understand it is in “letting go” that we are set free. We need to choose to let our pain go to heal.” Alisha A.

“I always blamed myself for my disastrous life. I did not know sexual abuse was at the root of it. What a relief to know there were reasons for my behaviors and stupid choices. I’m learning to forgive myself and do better.” Barbra S.

“Your information on grieving interested me. I did not know I needed to grieve my sexual abuse to heal. You helped me identify what I needed to grieve. I don’t minimize my abuse anymore.” Donna K.

“I hated my body and always felt so dirty because of the sexual abuse. Thank you for reminding me that I am still lovely and beautiful and the abuse didn’t take that away from me. I am starting to own my body and take better care of myself.” Lonnie G.

“What saddened me most is when I realized how much the abuse had affected my parenting. I did not know how to love my children because of my dysfunctional home and the incest. Healing Private Wounds gave me hope for you reminded me it is never too late to begin rebuilding relationships with my children.” Nancy K.

“I think love is the key to healing, unconditional, committed love. I never had it so I did not know what love was until I learned about it from you.” Sasha T.

“Healing Private Wounds was the greatest thing that ever happened to me. I did not know what freedom was until I took the journey to free myself. Thanks for your support.” Eric S.

“For over 40 years I tried to heal by myself. You are right, you can’t heal on your own. Without your support I wouldn’t be here. I had given up on life. Thanks for being there for me.” Elizabeth H.

“Thank you for restoring my faith in humanity for I believed everyone was out to hurt me.” Larry M.

“Healing Private Wounds gave me my self worth and voice back. I can now say “No” and mean it. I can stand up for myself. I will never be a victim again.” Paula R.

“Sexual abuse stole so much. Thank you for helping me get it back!” Sheila D.

“I want to thank you for giving me my faith back. I always blamed God for my abuse instead of those who hurt or did not protect me. We all have choices, and some choose to hurt. I learned to put the blame where it belongs.” Penny H.

"Your information on how to help your spouse heal from sexual abuse gave me great insight. I felt so helpless and did not know where to start. Thanks." Roger L.

"I always thought I was stuck with my "low" life until I realized I had choices and a second chance at life. Thank you for the "jump start" I needed." Amy P.

"I always felt so alone. I did not know anyone who went through what I did until I found Healing Private Wounds. Thank you for having the courage to tell your story and begin the recover groups. I'm not alone anymore and I've made real friends who know how I feel." Sara H.

"The greatest thing I learned on my recovery journey is I have value. I deserve respect and a great life. Even though the abuse made me feel like dirt it did not make me any less deserving." Linda W.

"In recovery I learned what real love is. And I learned to love myself. I am much more picky now who I date." Connie A.

"Recovery frees you to be all you were created to be." Donna P.

"I want every victim to know the sexual abuse was not their fault! Nor, was their response to the abuse. Kids do not cause sexual abuse nor can they stop it. Kids want attention not sex." Tami K.

"People have reasons to hurt and greater reasons to heal." Liz T.

"Tell Children about sexual abuse and that they have a right to say "no". Incest was "the norm" in my family. I feel horrible for what was done to me and for what I did to others. Thank you for explaining "Grace". I am learning to forgive myself." Tina C.

"For years I hid behind spirituality believing I was strong because I kept my secret in and let no one help me but God. Then I learned that God uses others to help us heal. And we are supposed to share our burdens with one another, love one another, and confess our sins one to another **so we can be healed**. Now that is true spirituality." Norma D.

"I've learned that it is not what was done to you that matters but what you do with it. The best thing I have done with my story is to help another share theirs and become free." Debbie M.

"I am so thankful for your help with "Sexual healing". My husband thanks you too. I thought I'd never be able to heal that part of me." Susan H.

"The first thing a victim needs to do is to find a safe person or group and tell their story. It was the hardest thing I'd ever done but also the best thing for it began the healing process. I wish I had told sooner." Shirley P.

"The information on "how to help your child heal from sexual abuse" was extremely helpful. I did not know where to begin. It helped both my child and I to begin to heal." Bonnie D.

"I used to pick all the bad guys. Now I know why and I'm learning to be a better picker." Jane W.

"If you keep your secret in you will never heal. In fact, dark secrets will destroy you. They will drain you will make you sick. I've learned we are as sick as our secrets, and that confession is GOOD for the soul." Dan B

"My sexual abuse left me feeling I didn't deserve a good man or a good life. I learned that we need to go by what is true and not by our feelings for feelings are often unreliable." Sara M.

"My advice is, life is too short to hang on to hate and that includes self hate. Learn to forgive and that includes you." Willy B

"I wish I had found you sooner. I wasted so many years. Thank you for restoring my dignity and giving me my life back!" Lisa B.

"I would like to let men and women know that the people at Healing Private Wounds are wonderful and helpful. My whole life has changed. I no longer blame myself for something I had no control over as a child or teenager. I encourage anyone struggling with abuse issues to contact HPW." Sheila S

"You were a victim. It was not your fault!" Jim P.

Inspiring Quotes

We were created to overcome adversities, not to be overcome by them!

A personal journey is about self discovery, being able to put words to reality, pulling truth from darkness so you can move forward into a healthy bright tomorrow.

Life has taught me that all things are mentionable, for anything mentionable is then manageable.

Anything you hide has power over you.

"You can't conquer what you won't confront."

Paula White

Admitting you are weak is a sign of strength.

Admitting you need help is a sign of hope.

Admitting you need God is a sign of wisdom.

*Healing begins in the mind with a yearning,
a dream, or a wish for things to be better.
Follow that dream. It was planted for a
reason.*

You are judged not for your mistakes but rather your response to them.

*It hurts to get free but it hurts even more to stay
a prisoner to the pain you're in.*

*To get to anywhere you have to
start from where you are at.*

Your world gets better when you take care of you, when you get healthy and leave your baggage behind,
but not until.

God is waiting to help. God loves you and wants to be a participant in your life

not just a spectator.

I declare that this will be a new beginning for you and that you will have the determination and courage you need to move forward and make your life your dream.

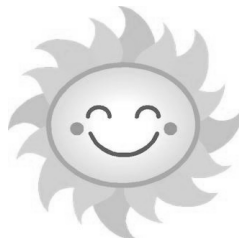
This is your time!

*“You do what you do because you know
what you know.*

When you know better you do better.”

Maya Angelo

**“God has not given us a spirit of fear, but of power and of love
and of a sound mind.” 2 Timothy 1:7**



Remember you are loved!