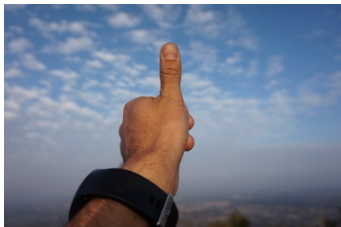


Ways to overcome Sexual Abuse, Rape or Incest



Take the positive approach to healing.

Believe you aren't wrecked for life and recovery is possible.

Believe the sexual abuse did not make you any less loveable or deserving of a good life.

Believe there is hope and life will get better.

Believe the abuse was not your fault. You were a victim of an awful, hurtful crime and it was not your fault regardless of what you may think, feel or were told.

Sexual abuse often takes one down a road of regrets. Forgive yourself. Today is a new day and decide to not do things that hurt your spirit or keep you a victim. You deserve better.

Sexual abuse is not a secret you should keep. It is poison to our spirit and must come out. Tell your story to a safe person or recovery group. Tell as many times as you need to. The more you tell it the less power it will have over you.

Telling helps you to process what happened and what you need to do to heal. There will be a time when you won't need to tell your story anymore. You will heal.

Report all abusers. Sexual abuse is a crime and crimes need to be reported. Most abusers won't stop unless we stop them.

It's never too late to tell your story and get the help you need.

Sexual abuse has many rippling effects. Identify how the sexual abuse has affected you and be committed to changing behaviors and thoughts that keep you a victim.

Find a recovery group, counselor or mentor to help you. Let other safe people love and care for you. You can't heal in isolation.

Do not minimize your story or your pain. Sexual abuse is a serious trauma that needs attention.

Do not stay isolated. Force yourself to get out there. Walk confidently. Look people in the eye and smile. Believe you are healing. Give sincere compliments readily.

Look like you care about yourself. Groom daily. Make your bed every morning and keep things neat.

Care well for your body nutritionally, physically, emotionally and spiritually. Read something inspirational every day. Exercise regularly to relieve your stress or anger. Get outside and let nature help heal you.

Victims cannot stop sexual abuse. It was not your fault. You did the best you could at the time. Refuse to carry any responsibility or shame for what your abuser did. They groomed and manipulated you. They did wrong, not you.

Be stubborn in your pursuit of recovery. You deserve it. Better days will come if you pursue healing. Don't settle for staying a victim.

Write out your story. Include how it made you feel. Share your writings with a trusted person or group. Writing is a way of purging your pain.

Be truthful. Refuse to lie or exaggerate. You are enough just being who you are. Be genuine.

You have the right to confront those who abused or neglected you. You deserve answers however, never confront alone. Keep yourself safe.

Volunteer regularly. Help others every chance you can. Doing for others has a boomerang effect. You will be blessed in return.

Refuse to accept further abusive treatment. Confront those who are disrespectful with wisdom and calmness. Set boundaries on hurtful people to keep you safe.

Understand that victims are often needy and vulnerable. Stay away from those who want to take advantage of your weakness or goodness.

Walk your pet, plant flowers, sing and laugh all you can. Hug safe people. Embrace life. Life will be what you make it. Make it fun.

Begin each day with a positive attitude. Concentrate on what is good in your life. Make a list and thank God for it.

We cannot heal by ourselves. Seek out competent help. There are many who are willing to help.

Approach forgiveness as a way of letting go. Forgiveness is not letting the abuser off the hook. It's a way of letting him or her not control you anymore.

Recovery is about self-discovery. It's about growing and healing the wounded victim and finding the amazing person you are. It's about learning to love yourself well.

There is hope for recovery. The pain you are in is meant to be temporary and not a life sentence. We were created to heal.

Healing is a process and takes time. Don't give up. You are worth the effort. With help, you can overcome sexual abuse.

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