

**SURVIVING THE VIOLENCE --THE PROCESS OF HEALING AND RECOVERY
FEELINGS YOU MAY SHARE WITH OTHER SURVIVORS**

- 1. The secret -- shame, rage, fear, guilt, religious beliefs. What made You keep the abuse secret?**
- 2. Isolation -- is it a way to protect yourself from being further hurt? Develop a support system with people whom you can trust to understand and listen to you such as friends, relatives, and clergy. These people can help you in their own unique way.**
- 3. Abandonment -- are there times when you feel alone? Do you feel sometimes that no one cares? Those feelings can identify sadness, hurt, anger, fear, and loneliness.**
- 4. Secrets and guilt -- share anything about yourself that needs to be expressed with a trusted person. Your feelings do count.**
- 5. Trust -- whom can you trust and whom can you not trust? What are your needs? Learn to ask to have your needs met. Ask for help and ask for intimacy. Let someone know when you would like a hug. What is the difference between trust, dependency, and care taking?**
- 6. Boundaries -- how close do you want people to get to you? Define your boundaries. Learn assertiveness and your personal rights.**
- 7. Self-esteem -- do you have "errors of thinking," e.g., "I am no good. I do not deserve love, I do not have rights, I do not deserve happiness."**
- 8. Self-abuse -- do I hurt myself by using drugs, alcohol, food, and addictive relationships to men, prostitution, and self-inflicting physical pain? Share with another person how and when you felt like hurting yourself. Identify feelings. Learn new ways to cope with stress. Learn to feel good about yourself.**
- 9. Re-victimization -- by the same person or in a new circumstance or by insensitive people. This can occur because you may have become desensitized to fear or pain. It can also happen when your are experiencing a difficult time and your are especially vulnerable.**
- 10. Capitalize strengths -- how can you replace the "victim identity"? What makes you a "survivor?" Identify the positives about yourself -- your creative ability and your short and long term goals. Have a dream and be hopeful about the future.**