



Downtown Public  
Office

Women's Domestic Violence  
Abuse Shelter

Downtown Homeless  
Shelter

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# About Us

Luvernes Safe Haven, Inc. is a nonprofit organization that addresses, combat, and best support public members who've experienced domestic violence, economic inequalities, homelessness, impoverishment, mental disorders, sexual abuse, or social disadvantages. We create programs for public members who've experienced or been exposed to domestic violence or sexual abuse. Our programs are administered in-person, and offered as a self-guided resource when in-person interactions are limited or unavailable due to location.

We research domestic violence occurrences, economic inequalities, homelessness, impoverishment resolutions, mental disorders, sexual abuse and assault, and social disadvantages. Our research efforts allow us to bring accurate awareness, prevention, and supportive resources to and for effected public members. Our researching goals are to identify and help eradicate all forms of abuse, inequalities and systematic social disadvantages for all people.

We provide domestic violence abuse shelter housing, programs, and services for women experiencing domestic violence with a partner. We model many of our domestic violence abuse shelter program practices in reference to qualitative information the National Domestic Violence Hotline publicly provides. Luvernes Safe Haven, Inc. operates across many platforms and 3 physical locations. We are headquartered in Waycross, GA (Ware County) and welcome all inquiries at [info@luvernessafhaven.org](mailto:info@luvernessafhaven.org).

# Healing from Domestic Violence

We're honored that you are here in this moment, for whatever reason you happen to be. Thank you for your inquisitiveness towards our organization's programs and the work we humbly provide to the public. We present this self-guided exercise with intentions to help people understand domestic violence and the many ways it affects human life.

## Disclaimer:

Luvernes Safe Haven, Inc. provides all of its programs and services for the betterment of all people. None of our programs or services are concluded to be dangerous or causes any harm. None of our programs, services, or recommendations are intended to cause or promote harm or violence of any kind. When exploring any of our programs and services individuals are responsible for making safe implementation practices. All actions, behaviors, and conduct are of free choice independent of Luvernes Safe Haven, Inc. Any misunderstandings about any program, service, or recommendation should be submitted to [info@luvernessafehaven.org](mailto:info@luvernessafehaven.org) to which a follow up response will be made. In the absence of a response, individuals should always evaluate the potential consequences of their independent actions in all cases.

We express intolerance of all forms of abuse, discrimination, and inequities. Our intent is to bring awareness, share prevention strategies, and serve as a supportive entity in the pursuit of eradicating abuse, discrimination, and inequities.

## Recommended Printing Instructions:

1. We highly recommend printing this document once (1x) as a complete document. This will give you a total of 39 pages. Simply click print and you should see 1-39 in the page range section.

**Please use the remaining space of this page for your notes.**

## **Program Overview**

Luvernes Safe Haven, Inc. concludes “programs” to be sets of instructions and commands that uses a variety of different functions or inputs to achieve a specific output. Our “**Healing from Domestic Violence**” program is a guide to accurately understanding the full scope and impact domestic violence has played in one’s life. This self-guided exercise is an extension of our in-house program. It provides options we best feel may help domestic violence survivors in their healing processes.

The concepts within the program are gateways that are intended to help navigate users to their most accurate truth(s) about domestic violence. Understanding the full impact of how domestic violence has affected one’s life is achieved by the survivor. We do not claim to know just how impactful domestic violence occurrences may have been to each individual, as everyone may be impacted differently. Our goal is to help bring awareness to the potential possibilities of such impacts.

When thinking of a program intended to help one heal from domestic violence, it's normal to conclude that interactions between two or more people will be a part of carrying out the program. Such interactions indeed take place when implementing this program with our domestic violence survivors who live within our women's domestic violence abuse shelter home. This self-guided version of the program is identical to the program we implement with our live-in abuse shelter survivors. And while they can start and engage in the program themselves, we help with documentation and implementation as a part of our overall domestic violence shelter program.

The program is optimistically designed to bring awareness to factors that may be unconsciously overlooked to the detriment of one’s growth. If at any moment you become overwhelmed while reliving some experiences, we encourage you to take a moment to process what you're feeling. The success and utilization of this program does not require any in-person or over the phone interactions or occurrences with Luvernes Safe Haven, Inc. This program is for individuals who’ve experienced or been exposed to domestic violence, and have concluded themselves to be negatively impacted by such occurrences or exposure.

This program is also for individuals who conclude a domestic violence healing program as a helpful tool for any reason in their rationale. We’ve concluded that this program is best effective when program users go into it expecting to get something of value out of it. The program is self-guided and may require actions on your part. Program completion is determined when program users have accomplished their individual goals, for best healing from domestic violence occurrences or exposure. Needed actions may transcend the document, and are understood to possibly occur in

both intangible and tangible experiences. The pace of completion is not indicative of program success or failure. Program success is defined differently to each individual, as users are utilizing this program for common and individualized outcomes.

Our “**Healing from Domestic Violence**” program is not to suggest that once completed all feelings of experiencing domestic violence will be eradicated. We strive to thoroughly convey that we understand the journey to one’s healing is first and foremost personal. The program is sectioned into seven (7) categories, recommended to be accessed in the order they are listed.

It is important to understand that having a clear awareness of a need to heal is not a weakness. The awareness of a necessity is not a confirmation that your situation will not get better. It simply means that you are clear on what you need. It is imperative to deal with what you feel in order to best heal. Feelings are not always reality, and reality at times comes with the challenge to feel. In this moment you are here not because of an inadaptability, rather bravery and self-awareness. You get to decide who you are, what you do, what you allow, and what you will not allow in your life.

### **How we define healing?**

Healing is the process of recovering from something that has caused a brokenness to which upon remedying takes course to becoming whole again. A brokenness can be symbolized by something physically damaged or torn. It can also mean that something spiritually has been damaged, wounded, or torn. We may all experience brokenness differently. Thereby requiring our individualistic healing processes to be experienced just the same.

The process of healing for purposes of this programs signifies:

1. You’re aware that there is damage or hurt from domestic violence.
2. You have attempted to remedy the issue by being here.
3. You’re willing to continuously do what you must to be whole again.

Healing may come in variational approaches or in a singular act. The starting and ending goals will always be to eradicate the pain and completely heal (repair) that which is or was once broken. How we feel about our state of healing is not always confirmation to where we are in the process. You can be healed and not feel it, and on the contrary be damaged or broken and not know it. Whatever the case may be, it is our greatest hopes that each reader and participant of this program understand what they need to heal and set path to that healing.

## Defining Domestic Violence?

“Domestic” signifies familiarity and “violence: speaks to harmful, inappropriate, and unlawful actions. Domestic violence can happen between known friends and family members as domestic references the fact that parties are known to one another. This program however references domestic violence between two partners that are or have been in a relationship together.

### **Abuser’s primary goal in inflicting domestic violence.**

A domestic violence abusers’ primary goal is to cause harm and discomfort to the other person. There may be multiple reasons why abusers choose violence as a solution of sorts, moreover communication and other nonviolent behaviors. When people feel their words are not effective to their desired outcome of response, they may choose to express themselves through a physical manner. Among domestic partners these manners are domestic and violent. And while physical domestic violence is used to inflict hurt to the other person, it is also a manifestation of the hurt the abuser is also feeling.

## FAQs

### **1. Why create/offer a program (exercise) that is not overseen by Luvernes Safe Haven, Inc. for non-abuse shelter residents?**

- Rather the program was created in a self-guided version such as this document or not, the program would still be in existence for our live-in abuse shelter residents. Users have the option of utilizing this version to their advantage and are encouraged to check back for updated versions of this program.
- There are many people who could benefit from reading through this self-guided program and utilizing it to their advantage.
- We’d rather offer a self-guided additive to the public, in addition to our in-house administered program than not.
- Public members can always reach out to our organization for any questions concerning domestic violence awareness, prevention, and support.

**2. How is this program designed to help individuals who have experienced or were exposed to domestic violence heal from its impacts?**

This program (exercise) asks questions about domestic violence occurrences and current realities. This requires an internal evaluation of one’s choices, necessities, and patterns. Such inquiries when honestly answered and explored starts the conversation with self we believe is pivotal to healing. For survivors of domestic violence, this helps to better understand when the damage from domestic violence first occurred. From that awareness one can best conclude the in-between effects to most accurately focus on those areas of healing. This program is helpful in the healing process and will be most advantageous when users are looking for healing remedies and resources. We provided recommendations we feel survivors of domestic violence can most benefit.

**3. How long does the program last?**

When users download the self-guided program (exercise) they are encouraged to make healthy choices based on their personal needs. There are different steps we encourage users to take which can be explored within days, weeks, months, or longer. It depends on the users and their activity of our recommendations.

The program can be continuous until users are most satisfied. There is no concrete completion date we can conclude for users. Our live-in domestic violence abuse shelter residents will participate in this program from the beginning of their residential stay, and can continue it with the organization’s administration in our “After-stay support services” as desired. Equally, the exact time of program completion for our live-in domestic violence residents is determined based on their specific needs.

Please write down what you are expecting to get out of this program?

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Program Start Date: \_\_\_\_\_

Before starting the program, we want to introduce to some, and revisit for others the eight dimensions of wellness. **Dimensions** are defined as the physical properties of breadth, length, or thickness. They can be measured in different capacities amid many things. **Wellness** is the state of being in good health, especially as an actively pursued goal. In the healing process you will tap into your states of wellness. Knowing what they are allows you to make more informative decisions on what you need. The below expressions of wellness are not constrictive, though are provided to best help program users in their healing process.

## Eight Dimensions of Wellness



**Emotional/Mental** – One maintains a positive attitude and have realistic expectations of self. One learns to cope with stress and creates fulfilling relationships. The feelings of others and self are acknowledged and met with sensitivity.

**Environmental** – One acquires a stimulating environment in which they feel support. This can be where you live, visit, or work.

**Financial** – One learns about budgeting, and is satisfied with their current and future financial positions.

**Intellectual** – One explores stimulating activities to expand their knowledge and skills. One takes pleasure in applying what they've learned and feels honored to share it. Learning more is a positive stimulator with tangible and intangible benefits.

**Occupational** – One gains enrichment and satisfaction with one's work.

**Physical** – One's physical activities, diet & nutritional needs, and sleep necessities are known and acquired.

**Social** – One understands and has a well-grounded support system and a sense of connection.

**Spiritual** – Spiritual wellness is best expressed when living one's life according to one's life purpose and values. This transcends to having healthy relationships with people around you, and one connects with the divine being (power).

**For the below follow-up questions, no writing is necessary. The goal is to just think about your answers. We will revisit the eight dimensions of wellness in section (VI) six.**

1. How would you describe your states of wellness?
2. Which dimension(s) are you most fulfilled within?
3. Which dimension(s) are you least fulfilled within?
4. Prioritize these dimensions in the order you feel you would need them most.

# I. Questionnaire

The purpose of this section is to set a pathway to best help users achieve their individual goals in exploring this program. The questionnaire will recall some unfavorable times though all have purpose and are encouraged to be answered as accurately as possible. You do not have to share the answers to any of the questions with Luvernes Safe Haven, Inc. This program is for your personal use and the answers you submit are all intended to serve as a reference guide throughout your healing process.

## 1. Are you aware of the different types of domestic violence?

### *Types of Domestic Violence*

**Digital** - This form of abuse comes through digital platforms such as a computer, mobile phone, or device. Much of it is sent via dating apps and websites. The abuse is highly likely to be online and may come as a message of text or voice format.

**Emotional** - This form of abuse may also be associated with Verbal Abuse, as the abuser uses guilt, shame, or fear both covertly and overtly to intimidate and keep control through an emotional or verbal exchange. It is intended to weigh one partner down so much that they remain close to their current or potential abuser. Such abuse simultaneously creates a space in which an abusee is less emotionally equipped to leave.

**Financial** - This form of abuse occurs when there is a deliberate intent from one partner to position themselves to be in control of most or all finances over another. The dominant partner may continue to make it hard for the other partner to obtain any or all forms of finances, to gain more or maintain control.

**Mental** - This form of abuse may also be categorized as Psychological Abuse in which one partner's actions and words are used to belittle, control, and scare. The language doesn't have to sound abusive or consists of profanity to be effective. It is always intended to inflict some form of hurt or pain and may usually not appear to be abusive when first experiencing.

**Physical** - This form of abuse is a physical interaction from one partner to the other with the intent to cause hurt or pain. The interaction is typically from body to body contact though could also exist when using objects against another to intentionally cause hurt or pain.

**Sexual** - This form of abuse is often associated with Sexual Assault and Sexual Violence. Sexual abuse can be both assault and violent as well. Among two domestic partners this happens when one partner engages in an unwelcomed sexual activity, behavior, or an encounter against the other's will.  
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2. After reading the first question and your understanding of domestic violence, have you ever experienced or been exposed to any form of domestic violence? Being exposed to domestic violence suggests that you may not have experienced it, yet was a witness to someone else who did.

3. Healing is most accomplished when what is damaged is clearly identified. We encourage an introspection of your first recollection of either experiencing domestic violence or being witness to it. (No written response needed)

4. If recalled, and speaking as a survivor of domestic violence please analyze the experience as best as you can.

a. For this question simply recall as much as you can before answering any following questions.

b. Answer the question of how did it make you feel to experience abuse from someone you at some pointed interacted with, trusted, and or loved.

c. If you were able to recall an experience, what does the act of someone hitting you tell you about how they (the abuser) feel or felt about you?

If you did not experience a domestic violence occurrence, yet was exposed to such acts what does the act of witnessing someone enduring a domestic violence occurrence signify to you? In this case for those who were exposed, we're not asking for judgment, rather your interpretation or your perception of both the abuser and survivor.

5. When you first experienced a domestic violence occurrence can you recall what you did right before, during, or immediately afterwards?

In this particular question we are reference experiencing physical abuse.

1. Did you immediately fight back?

2. If no, did you not defend yourself at any point during the occurrence?

3. If you defended yourself, please try to recall how.

4. If you did not defend yourself, please analyze why not.

No judgment or blame. It is important to remember in order to be clear on what you endured, as that will help pinpoint areas of brokenness. Some people experienced domestic violence to a degree they were unable to respond back in defense. Not fighting back for some survivors was the only thing that allowed them to live in that moment.

6. If not experienced yet were exposed to a domestic violence occurrence for the first time, can you recall what the survivor did to defend themselves?

6.1. What did their response or nonresponse of defense illustrate to you?

The information being asked is to highlight when you were first violated by a domestic partner as this speaks to the beginning of when you first became a survivor of domestic violence. If you did not experience domestic violence yourself, however was affected by exposure to it please apply the same requests as those with experience of domestic violence as best you can.

Recalling such information may be uncomfortable, but has immense purpose. A part of healing is dealing. Dealing in this instance references being fully aware, and willing to be completely transparent with oneself. Give yourself permission to be happy that you persevered. It does not matter so much as to how, moreover than the reality that you did. You are a survivor with a perfect purpose to fulfill.

For those who were exposed to it and affected by it, your perseverance is equally commendable for domestic violence exposure affects individuals as well. Seeing anyone being violated can change you, and your willingness to participate in this program is courageous and admirable.

7. Knowing what you know now about life, what would you have told your younger self about domestic violence prior to experiencing or being exposed to it?

8. Please take a moment and write down 5 of the most important things you desire to get accomplished in the spaces provided below. (Spaces are provided below)

**Question:** How does setting goals help with healing from domestic violence?

**Please Consider:** How does it not? How does setting goals hinder healing?

**Our Take:**

1. Setting goals as it pertains to the healing process is not a hinderance.
2. It doesn't dominant the focus of healing. It's a part of healing for many people.
3. When you set goals, and in this exercise write them down you are giving yourself tasks to which you planning to work towards achieving. We believe this is a good practice as it also gives you something positive to look forward to accomplishing. During the healing process you will not be immobile. We believe setting goals in the interim is a positive reinforcement strategy.

We ask that you write down 5 goals, as they give you a clear picture of something to work towards. This is strategic to keep you moving in the journey of living an abundant life.

Setting goals contradicts being set back. Often times survivors of domestic violence focus so much on the past as a guide of how to not repeat the same occurrences. The interesting thing about too much focus on the past, is that it significantly hinders you from moving on to your future. Even more challenging is the fact that so many survivors never realize these hinderances within their lives. They are often masked as protection mechanisms. To all survivors to whom this applies, it doesn't mean that you did anything wrong. The most important thing we note is that you survived, because you fought to live.

Goal 1: \_\_\_\_\_

Goal 2: \_\_\_\_\_

Goal 3: \_\_\_\_\_

Goal 4: \_\_\_\_\_

Goal 5: \_\_\_\_\_

9. In situations where survivors stay with their abuser, as opposed to leaving, why do you believe that staying is their decision when leaving seems to be the best and obvious solution to escape more domestic violence occurrences from happening? For this question we are not asking about you personally. We're asking in general. You however may respond to the question from a personal perspective if you desire additionally.

**Our Take:**

- We understand that some survivors stay because they have no other place to go.
- Some survivors stay because they are ashamed of themselves in the domestic violence relationship they're enduring.
- Some survivors stay because they have kids and, in some way, endure domestic violence in the belief the leaving causes a hardship for their family unit.
- Some survivors stay because they equate domestic violence to love.
- There are some people who stay in domestic violence relationships because of a pathology they've seen modeled before them.
- Some people stay because they fear their abuser will kill them if they leave.

Your Answer:

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**10.** Why do you believe that domestic violence abusers choose domestic violence abuse?

## II. Speaking Your Truth

Being able to speak your truth takes power. Words have power and what we say has meaning. Meaning beyond what we may understand at times. One of the beauties of words is that we can say them to ourselves without making a sound. We have the ability to speak to ourselves in any situation. Understanding speaking to be a normal form of communication; just as powerful are the things we don't say. Our Actions! What we do and don't are always forms of speaking (communication). Own your words and speak your power.

Your truth will never be lies, regardless of any temporary incapability to be understood. Healing is a path and process. This section of the program is about simply speaking from your heart to your mind. One of the most pivotal factors we want to emphasize about speaking, are the things we tell ourselves about ourselves. Your words have power. What we tell ourselves about ourselves is more impactful than anything anyone else could ever say. As what we plant (in the case words) in our lives grows. Words are like seeds. They can build us up, and at times tear us down. What people tell us about ourselves that we believe is true, replays in our minds long after it was spoken. Protect your energy and be cognitive of who you allow to occupy your space.

Speak your truth when you feel that disconnecting from certain people and leaving certain environments is best for your life. The exit may be temporary or intended to be permanent. If and when you conclude it is best to leave certain environments be clear as to the timeframe you have in mind. We encourage you to tell family, friends, associates, and peers if and when you feel it's best to leave their lives. For in doing so you have made it clear through spoken word. How others feel about your need to separate yourself is not your business. Your quest to peace of mind, healing, and enduring life's journey is yours to understand.

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## III. Analyze Your Best Course of Action(s)

After you're clear about what domestic violence is and how you've possibly been affected by it, you get to decide what you want to do with what you know. Analyze your best course of actions to activate and walk in your healing. Understand that you are healing the soul, and your work will always start from within. Analyzing your best course of actions requires you to figure out what decisions you need to make to heal from the past or present. If currently in a domestic violence partnership you'll need to strategize the best and safest way to leave.

1. One of most important things you can do is admit that you need to heal from domestic violence. You've achieved that by simply utilizing this program. It's understandable that there are people who feel simply acknowledging that you need healing is no big deal. We celebrate you for this admittance, as too many people go through life damaged in part, because they refuse to admit that they are. How does this relate to analyzation? This admittance is the canvas to the following actions you will take to be healed from the effects of domestic violence.
2. When pondering with the questions of healing from domestic violence, we believe knowing who to talk to about it is fundamental in the healing process. That is if you've determined that talking with someone about it is best for you. Most people are recommended counseling and therapy services which we conclude are assets that will appreciate the wholeness of your life. Talking with a therapist may alleviate some anxiety or fears. If you're reluctant to open up the first session, they'll understand and be supportive. You have control of what you say and do in this process. You're not losing control in the process; you're just sharing the contents of your heart. Therapy can be whatever you need it to be when you are clear of what you want to achieve from it.
3. You may find it better to simply talk to someone you know who is not a counselor or therapist. If this is a better option for you, we encourage you to trust yourself in this process. Be clear that the listening party is in support of you, and is prepared to hear whatever you need to say. We support you in understanding that there will be a transfer of energy during the process. What you say and how you say it is deposited into the listener. And while we don't encourage you to hold back, we believe it is necessary to be aware of what you share. Once it is spoken it can never be unheard again. Your words have power, and you are powerful.

It's common to consider talking to a pastor, minister, counselor, friend, family member, coworker, or neighbor about how you feel. Being able to release how you

feel is freeing and helps to alleviate the shame and pain often associated with domestic violence occurrences and survivors.

4. Books are also a great way to get insight to healing from domestic violence exposure and or occurrences. There are many books written by survivors of domestic violence, as well former abusers of domestic violence that can be therapeutic and extremely beneficial for your healing. There may be audible options as well digital downloads for many books you may consider.

There is power in reading, as when you read you are saying the words to yourself out loud or in your head. If listening by audio you are hearing the words, processing what is said, and absorbing pivotal data. By default, you are entering this information into your mind, body, and soul. Inspirational or enlightened books that may not directly be about domestic violence can still have a great impact on your healing. We get to create personal relationships with our books. We see them as valuable when they add something of value to our lives.

5. The internet is one of the largest sources in which you can find other survivors of domestic violence, vital information about dealing with and healing from domestic violence, as well many organizations that exists for the purposes of dealing with survivors of domestic violence. Most organizations who help survivors of domestic violence allows you to remain anonymous. We recommend using a search engine to find supportive tools and services for domestic violence support. No matter what decision you make, it is our best recommendations that you are consistent until you get the answers you seek.

Notes:

## IV. Strategize Your Best Course of Actions

Knowing what needs to be done and how you plan to get it done is the perfect combination in pursuit of healing. Why then moving forward would you need to further strategize? Just knowing what is wrong and what you need to do to become better doesn't resolve the issue at hand.

1. If you decided on therapy, you must find a **therapist**. You will need to set appointments and be clear of the costs. Additionally, other adjustments may have to be temporarily implemented into your life to make room for therapy. You may be skeptical about sharing intimate details of your life with a complete stranger if in fact you don't know your therapist. You may need to strategize how you can best tell your story without feeling as if you will be judged by your therapists. This is a common and expected thought when contemplating sharing your intimate life experiences with someone for the first time. The gender of a therapist may be something that you may or may not have an issue with. If your abuser is the same gender as your therapists, you may or may not be reluctant to trust them and the process.

If you did not experience domestic violence personally, but are having issues from being exposed to it you may feel similar. Strategize how you will trust yourself, your therapist, and the process. The process of using therapy is something that you must trust in order for it to be successful. Trusting the process in this case is more about trusting yourself than your therapist. This doesn't mean that your therapist isn't trust worthy, however we believe that the most important thing is to always trust yourself first and most of all.

2. If you've decided to **talk with someone who is not a therapist**, who exactly do you have in mind? Is this someone that you feel you need to completely trust, or is trust not a factor? Trust not being a factor may sound completely illogical in this situation, though simply being able to talk to "someone" for some people is sufficient. It's about trusting oneself more than the other person often times. The heart simply needs to break and have a space to do so.

For some people sharing domestic violence experiences with a stranger is in itself therapeutic. The goal is to be able to share, to let it out, and let it go. Many consider this option especially if and when they don't want to share this information with someone they know. Please consider when speaking with someone who is not a therapist, the insight a therapist is trained to have may not be provided. We're in no way implying that you are better off talking to therapist as opposed to someone who is not a therapist as it pertains to sharing your domestic violence experiences. Trust yourself first in any case, knowing that you'll be alright in the process.

**3.** If you decided to explore self-help **books** as gateway to “healing”, we encourage you to gather if audible, digital, or physical copied books are your preferred choice. Where will you buy the books from? How soon are you intending to make your first purchase? What factors will keep you motivated to read and get more insight? Are you looking for books that are free, or are the books you believe you most need only obtained by purchasing them? We ask this as you may be able to find some self-help books that are free. Will you be reading your book(s) in a group with others or as a singular act? We support you in creating a scheduled time to read and establish an optimistic goal for each chapter.

How important is your privacy when it comes to who knows that you are reading books to help heal from the impacts of domestic violence? This is extremely important as if you are a survivor who is currently living with an abuser, their discovery of you reading these books may cause problems. The abuser may feel that such books are a rebellion against them. What is your strategy for ensuring that if these books are something you want to keep private you have made plans to do so? If you are a survivor who is not living with an abuser, is privacy of the book(s) you’ll be reading something you desire? We support you in finding a strategy to ensure that if privacy is desired you’ve created a pathway for that privacy.

**4.** If the **internet** is your preferred method of accessing resources to best help you heal from domestic violence, please consider which platforms (computer, tablet, smart phone or device, etc.) you consider most advantaged in this pursuit? When accessing the internet for the purposes of finding domestic violence support and healing resources, please be aware that your internet activity may be monitored and tracked. If you are a survivor who may be currently living with your abuser, please be mindful that if discovered an abuser may feel that such internet activity is a rebellion against them. Often times abusers will justify their violent actions, and any resistance to their violence may be experienced as an attack on them. The concept of simply looking for help may be viewed as a rebellion against them. If you are living with an abuser, we encourage you to create a plan of safety for your very life may depend on one day executing it.

If you are living in a home with an abuser to whom any computer, smart or mobile device is shared, be mindful that they may have applications or software installed that can record your activity. If you are living in a home with an abuser to whom no computers, smart devices, or mobile devices are shared still be vigilant of your internet activity. An abuser may gain access at some point, to which applications and software can be installed and then intentionally hidden. In these particular situations you may never know that your internet activities are being monitored or tracked.

If you are living in a home where there is no domestic violence abuser(s) and have decided the internet is your preferred method of accessing resources to best help you cope with and heal from domestic violence, we recommend utilizing a search engine for best results. All program users are encouraged to use their desired search engines if and when they have internet access during this process. In the search engine box, be as specific as you can be to inquiring about what you need.

### **Search Engine Illustration Example 1**

**Goal:** Understand the impact of my domestic violence experience(s).

**Action:** Enter “Understand the impact of my domestic violence experience(s).” in a search engine box and press enter.

**Follow-up Action:** Explore weblinks to retrieve the information desired.

### **Search Engine Illustration Example 2**

**Goal:** Find support groups for domestic violence survivors.

**Action:** Enter “Find support groups for domestic violence survivors.” in a search engine box and press enter.

**Follow-up Action:** Explore different groups or organizations that best fit your desired outcome.

Find more on search engines [here](#).

Notes:

## V. Enact Your Best Course of Action(s)

Enacting your best course of actions will take time. We encourage you to strive to be as prompt as can be. We simultaneously encourage you to do what is best for you in your own particular situation as it pertains to a realistic pace. We use the term “enact” to reference taking actions to achieve a preestablished-future goal. After you’ve analyzed and strategized how to effectively enact your best course of action(s) it is time to put all decisions into motion. *What does this look like?*

1. For program users that have decided that therapy was their preferred option this means you’ve found a therapist, started attending appointments (sessions), and are fully engaged in the process of healing. You are doing the working, trusting yourself first in the process.
2. For program users that have decided that talking with someone who is not a therapist was their preferred option this means that you’ve engaged in conversation(s) with them and are completely open to the continuous process of communicating as a therapeutic asset.
3. For program users that have decided that self-help books are their preferred option, this means that you’ve purchased or acquired your books and have engaged in reading. You’ve carved out time to read the books, and have been able to at least gain clarity and more insight to some degree.

We encourage you to set goals when reading. If you have to re-read a chapter, paragraph, or page on multiple occasions to get a better understanding we support you in this effort. We encourage you to challenge yourself to read a little more each time you read. If you completed 30 pages in one day, we encourage you to up your goal to 40 pages the next day or time you continue your reading. We encourage you to read in the awareness that you are empowering yourself through this process. Others in your life will benefit from your healing as well.

4. For program users that have decided to explore the internet for resources to best help in their pursuit of healing, this means you’ve accessed the internet and explored resources to your best advantage.

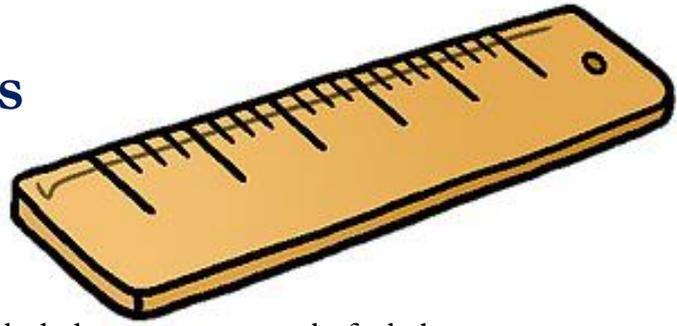
It’s important to understand that your best course of actions may change with time. The best option for you doesn’t need to be explained to others you may not see it as your best option. This is your life and your healing process. Please consider the word

"option" which simply means a choice. You can choose something different, if need be, as there is no one size fits all blueprint to the journeys ahead.

Enacting your best course of actions may take days, weeks, months, or longer in totality. And while we encourage promptness, it is best to act in whatever capacity you find most advantageous in your particular situation. Within the self-guided version of our program users are tasked with the responsibility of making more independent choices outside of our organization's in-house partnerships. These occurrences don't limit your effectiveness in making your best choices. You can reach out to the organization at any time, and we best recommend using our online options first as the response time will more than likely be quicker.

Notes:

## VI. Measure Your Results



**Review what you have done.**

Measuring your results simply requires you to conclude how you currently feel about the above actions you've taken. This step may come weeks or months after you've started the self-guided program, and have enacted your best course of actions.

What date did you access the program \_\_\_\_\_?

What date did you actually start the program \_\_\_\_\_?

Please circle which option did you chose.

- A). Therapy
- B). Talking with someone other than a therapist or counselor
- C). Self-Help Books or other reading material
- D). Internet Resources
- E). Something Else

If you chose something else, please list what you chose. \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Please summarize why you chose the method you did (A, B, C, D, or E) and a follow up conclusion as to how it's going or went?

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
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Have others seen a change in you? Rather the answer is yes or no, it doesn't mean that you haven't progressed.

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Please take a moment and write down 5 of the most important things you desire to get accomplished in the spaces provided below. (Spaces are provided below)

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2. 

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3. 

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4. 

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5. 

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Notes:

Before section **I.**, we discussed the eight dimensions of wellness. We'll list them again, and ask if "you" can provide in writing, an update on how you've best concluded each state in your life.



### **Eight Dimensions of Wellness**

- 1. Emotional/Mental** – One maintains a positive attitude and have realistic expectations of self. One learns to cope with stress and creates fulfilling relationships. The feelings of others and self are acknowledged and met with sensitivity.
- 2. Environmental** – One acquires a stimulating environment in which they feel support. This can be where you live, visit, or work.
- 3. Financial** – One learns about budgeting, and is satisfied with their current and future financial positions.
- 4. Intellectual** – One explores stimulating activities to expand their knowledge and skills. One takes pleasure in applying what they've learned and feels honored to share it. Learning more is a positive stimulator with tangible and intangible benefits.
- 5. Occupational** – One gains enrichment and satisfaction with one's work.
- 6. Physical** – One's physical activities, diet & nutritional needs, and sleep necessities are known and acquired.
- 7. Social** – One understands and has a well-grounded support system and a sense of connection.
- 8. Spiritual** – Spiritual wellness is best expressed when living one's life according to one's life purpose and values. This transcends to having healthy relationships with people around you, and one connects with the divine being (power).

Please describe your states of wellness and any changes you may have experienced since beginning the program? We find it very helpful to print out multiple copies of this section, and do a full wellness introspection at least once a week.

Today's Date: \_\_\_\_\_

Emotional/Mental: \_\_\_\_\_

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Intellectual: \_\_\_\_\_

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Occupational: \_\_\_\_\_

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Physical: \_\_\_\_\_

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Social: \_\_\_\_\_

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Spiritual: \_\_\_\_\_

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What does a toxic relationship look like to you?

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What is a healthy self-esteem?

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What is an unhealthy self-esteem?

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Please write your program start date: \_\_\_\_\_ and today's date \_\_\_\_\_

How many days are there in between your program start date and today's date?

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Notes:

## VII. The Power of Words

### Self-Awareness

It is incumbent upon us all to understand the power of words. For more impactful than the things people tell us about ourselves are the things we speak and believe to be true about ourselves. As we journey through life, in order to find and maintain peace one must understand the narrative told from their eyes, experiences, mind, and mouth. If you only remind yourself of the bad experiences without celebrating the fact that you made it through them, it can significantly lessen happier moments you so deserve.

When in pursuit of healing from domestic violence you may not feel good about revisiting the past. You may not feel that what you're doing to overcome those experiences is effective. It's all a part of the journey. For in the healing process, one must go through the pain. It does get better. *What gets better?*

Life gets better. Not so much because the past makes more sense. What you tell yourself about your past can make all the difference to healing from it, and creating an amazing future despite any of it. You have to want to be healed in this process. You have to encourage yourself knowing that you will be just fine. Explore new words for they may come with insight beyond measure. Sometimes we know what we feel, though may not have the words to encapsulate those moments. Life gets better when you consistently give it your best. Your best incomparable to someone else's best. Don't get pulled into the lane of comparing your journey to someone else's journey. We are given one life to live. And the more we tend to its business, the more fulfilled our lives can be.

### Sharing Grace

As you encourage yourself save just a little bit of room to encourage someone else. Make it a healthy practice to see the good in people when their actions may not always seem that way. It doesn't mean that you are excusing their perceived bad behaviors. Though understand that those behaviors are an expression of their pain. It's an expression of their broken pieces, to which just perhaps they have not found the words to convey. While you embrace the power of speaking healing and liberty to thine self, please extend some words in grace to someone else along the way.

## VIII. An Attitude of Gratitude

One of the most precious acts in which we can engage is the act of gratitude. We stand with you in being grateful for who you are and what you were able to survive. Gratitude allows us to be reminded of just how far we have come and how blessed we are to still be alive. This program was created out of the desire to impart hope in the hearts and minds of each reader. In tough times and when approaching the unknowns, it is often a fight yet always a choice to be grateful. It is a choice to look for better when at times all seems to be at its worse. We get to decide what we will do with the life we have. It is important to always know that your life is not a punishment and getting through the hard times is simply a process.

Whether this program was insightful or simply a document to read for you, it is in our most sincere space that we believe you are better today than you were yesterday.

We support you in writing down or speaking aloud 5 things each day to be grateful for. In this experience we encourage you to always stay optimistic in everything you experience and feel. It is our belief that you are alive with a purpose. No one on earth is created to do your assigned purpose. We support you in embracing the idea that your purpose may be designated to be fulfilled over the course of your life and not just in a capsulated interval of your life. We encourage you to be grateful when there are apologizes you are deserved, yet are denied. Your existence isn't predicated on them. You'll never be in need of what God never meant for you to have. Each and every one of your needs will always be supplied. You may not always know through who, how, or when. Thank you for allowing us to share this experience with you.

We recommend journaling the things you are grateful each day. And find it extremely enriching to read from the beginning of the month to the current date each time you add a new entry. This allows you to be reminded of all the things you are grateful for. In conjunction with journaling, please review the above steps and all of your notes. Utilize them as often as you feel you need to garner the outcome you desire. This self-guided (program) is to provide options to and when healing. The process is continuous and will always require work on your part. Work to dismiss the negative thoughts and doubts. Work to consistently meet every moment with faith over fear. Our organization has many resources to help people who've experienced domestic violence, sexual abuse, economic inequalities, social disadvantages, and mental health challenges. Feel free to explore our company's website for those resources and more.

# My Gratitude Journal

List at least 1 thing you're grateful for each day.

Month: \_\_\_\_\_

<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>
<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>
<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>
<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>
<b>29</b>	<b>30</b>	<b>31</b>				

Notes:

# My Gratitude Journal

List at least 1 thing you're grateful for each day.

Month: \_\_\_\_\_

<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>
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<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>
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<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>
<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>
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<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>
<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>
<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>
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<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>
<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>
<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>
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<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>
<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>
<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>
<b>29</b>	<b>30</b>	<b>31</b>				

Notes:

# 1-800-Emergency Hotlines

*For all immediate emergency please call 911*

## **Abuse**

Child Abuse Hotline / Dept of Social Services 1-800-342-3720  
Child Abuse National Hotline 1-800-25ABUSE  
Children in immediate danger 1-800-THE-LOST  
Exploitation of Children 1-800-843-5678  
Missing Children Help Center 1-800-872-5437  
National Sexual Assault Hotline 1-800-656-HOPE (4673)  
National Child Abuse Hotline 1-800-4-A-CHILD (422-4453)  
Stop it Now! 1-888-PREVENT  
United States Elder Abuse Hotline 1-866-363-4276

## **Addiction**

Alcoholics for Christ 1-800-441-7877  
Alcohol Treatment Referral Hotline (24 hours) 1-800-252-6465  
Cocaine Hotline (24 hours) 1-800-262-2463  
Drug Abuse National Helpline 1-800-662-4357  
Ecstasy Addiction 1-800-468-6933  
Families Anonymous 1-800-736-9805  
Marijuana Anonymous 1-800-766-6779  
National Association for Children of Alcoholics 1-888-554-2627

## **Crisis**

Crisis (Under 1ge 18) Girls and Boys Town 1-800-448-3000  
Hearing Impaired 1-800-448-1833  
Teen Hope Line 1-800-394-HOPE  
Youth Crisis Hotline 1-800-448-4663

Crisis (All Ages)  
Christian Oriented Hotline 1-877-949-HELP  
Social Security Administration 1-800-772-1213

Crisis Pregnancy Hotline Number 1-800-67-BABY-6  
Liberty Godparent Ministry 1-800-368-3336

### **Domestic Violence**

Battered Women and their Children 1-800-603-HELP  
Elder Abuse Hotline 1-800-252-8966  
National Domestic Violence Hotline 1-800-799-SAFE  
National Domestic Violence Hotline Spanish 1-800-942-6908  
RAINN 1-800-656-HOPE (4673)

### **Greif/Loss**

GriefShare 1-800-395-5755

### **Family Violence**

Family Violence Prevention Center 1-800-313-1310

### **Suicide**

1-800-273-TALK (8255)  
Carlisle Helpline (717) 249-6226  
Crisis Intervention (Harrisburg) (717) 232-7511 or 1- 888- 596-4447  
Crisis Intervention (York) (717) 851-5320 or 1-800-673-2496  
Deaf Hotline 1-800-799-4TTY  
Holy Spirit Teenline (717) 763-2345 or 1-800-722-5385  
Suicide Hotline 1-800-SUICIDE (784-2433)