



Downtown Public  
Office

Women's Domestic Violence  
Abuse Shelter

Downtown Homeless  
Shelter

Home

About Us

Programs

Services

Get Involved

Contact

# 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 Sexual Abuse

Thank you for your time and your inquiry to our “**Healing from Sexual Abuse Program**”. Much of the program’s administration and implementation overview can be understood through looking at our FAQ’s [here](#).

## 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 36 pages. Simply click print and you should see 1-36 in the page range section.

## Program Overview

This downloadable program is created with the greatest hopes in helping survivors of sexual abuse, assault, and violence best heal from their sexual violation(s). We believe complete healing is possible. It is possible when one in pursuit of healing is willing to do the work, trust themselves, and remain optimistic until the end.

This particular program download will consist of a dialogue that is intended to be personal. We want to connect one-on-one with the reader. The overarching goals of the program is to support public members to deal with what they feel in order to truly heal. Healing is the main objective, and is absolutely possible.

## Program Administration

Luvernes Safe Haven, Inc. administers and implements this program within our women's domestic violence abuse shelter home. It's available to our residents and their accompanying children. The program is also available to be administered to our in public visitors at our public office locations.

The downloadable version of the program in which you're reading is the exact blueprint we provide to our live -in residents and public visitors. The only difference being that with our live-in residents, other programs are simultaneously enacted alongside daily documentation regimens. Our in-person visitors are provided the same level of administration as often as desired. Our public member guests may additionally inquire about any of our advocacy services (including sexual abuse advocacy) and programs. A dedicated member of staff will tend to their inquiries, and always be a beacon of confidential support.

Public members who download this self-guided exercise, who will not visit any of our public locations will administer the program themselves. They will choose their best options and recommended resources to their advantage.

Throughout this exercise readers are encouraged to refer to once visited sections if believed to be of support. This program exercise will require writing, and exploring different avenues to best understand the fullness of one's sexual violation(s) and needed healing.

## Program Duration

The program is recommended to be exercised until one's desired output is achieved. This will take work and self-dedication. The work needed will be best discovered by the user. These exercises may render one's desired results within days, weeks, months, or longer depending on individualistic inputs and outputs. What you put into your healing will determine what you get out of the process. If you are determined to overcome certain setbacks rendered from a sexual violation or violations you will achieve your goal. If you create and marinate in excuses you will get what excuses produces. Beyond this document your work must extend. We will make recommendations we feel are instrumental in the healing process. Healing from sexual abuse is not conquered when everything about one's violation is understood or such experiences are aged. How you tell yourself your story is pivotal in how long it will take you to heal from it.

## What is 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.

## Defining Sexual Abuse?

As defined by the [American Psychological Association](#) sexual abuse is defined as unwanted sexual activity, with perpetrators using force, making threats or taking advantage of victims not able to give consent. Most victims and perpetrators know each other. Immediate reactions to sexual abuse include shock, fear or disbelief. Long-term symptoms include anxiety, fear or post-traumatic stress disorder. While efforts to treat sex offenders remain unpromising, psychological interventions for survivors — especially group therapy — appears effective

The terms sexual **abuse**, **assault**, and or **violence** are used to differentiate the different types of offence. Unwanted sexual experience can be defined in one term or a combination of the three.

**Our simplest breakdown of them is:**

Sexual Abuse is unwanted sexual activity, with perpetrators using force, making threats or taking advantage of victims not able to give consent.

Sexual Assault is sexual contact or behavior that occurs without explicit consent of the victim.

Sexual Violence is any attempted or sexual act (advance) against a person unwanted or unlawful.

Notes:

<b>Abuse</b>	<b>Assault</b>	<b>Violence</b>
Child Pornography	Aggravated Sexual Battery	Abduction _Sexual Slavery
Child Prostitution	Child Molestation	Dating Violence
Fondling	Consensual sex with minors	Forced Marriage
Forced Prostitution	Forced Prostitution	Forced Sterilization
Incest	Forcible sodomy	Incest
Indecent Exposure	Incest	Molestation
Molestation	Rape (including marital rape)	Rape
Obscene Messaging	Sexual Battery	Sexual Organ Mutilation
Rape	Sodomy	Stalking
Sexual Propositions/Enticement	Nonconsensual sex with minors	Unwanted Sexual Advances
Stalking	Unwanted sexual touching	Unwanted Sexual Comments

How can one best heal from sexual violations?

We believe in order to heal in any capacity one must deal with that they feel. This means give acknowledgment to the occurrence. Give acknowledgment to every feeling you may have about it. Give acknowledgment to every question you seek answered. And understand that if you don't get the answers you may seek, it doesn't mean that healing is inevitable.

Often times when in pursuit of healing from painful experiences the answers we seek seem nonexistent in the weighting of our distains, pains, anger, and regrets. Just because you may not know the answer doesn't mean that you don't have it.

I myself am a survivor of sexual molestation. I felt honored for this organization to trust me enough to present to you the very confides of my heart. I attend to share some of the most resourceful things I found necessary in my journey of healing.

Healing that is a continuous process that gets more understandable with time. It may never get easier. I've found the ability to dismiss that concept, helpful and realistic. I don't believe that healing comes through denial, forgetting, or minimizing the inevitable realities of sexual violation. They may not all be understood and it's okay. One may never know everything one seeks though it is not defeat. I encourage the expression of frustration as often as you feel the need to do so. Never hold back any tears or feelings no matter who gets tired of seeing or hearing them. The most important voice that matters in your healing process is yours. It is not pity. It is not a refusal to move on or what others feel one should do to let go. It is a reality that affects us all as it does, and needs no validation for what it is.

## Yes, You Can!

- You can be who you want to be.
- You can love who you want to love.
- You can dream all that you dare to dream.
- You can stand tall in the truth of your entire existence.
- You can be healed from sexual violation.
- You can be healed from any pains of the past.
- You can be the change you desire to see.
- You can make it through the turbulences of life as you've always done.
- You can let go of what no longer serves you in the betterment of being your best self.
- You can start anew if you desire too.
- You can learn what you want to learn and lead your life in the fullness of your inherited power.
- You can decide to live happily each moment you breathe, despite any pains accompanied with them.

**Yes, You Can! Yes, You Can! Yes, You Can!**

Notes:







---

---

---

---

---

---

---

---

---

---

7. How do you feel about the answer you provided in question number 6?

---

---

---

---

---

---

---

---

---

---

8. What would you tell your 10-year-old self about life?

---

---

---

---

---

---

---

---

---

---





## II. Truth Serum

This section deals within simply being willing to tell yourself the truth. No judgment. For this section no writing is necessary. The goal is to hear the questions or comments read in your mind, and formulate the answer within. Not having a written answer for future reference is a part of stimulating the thoughts for the upcoming sections.

### **What is the truth about your sexual violation?**

Let me first share with you a little about mine. I felt ashamed and at some point, that it was normal. As I became older in my teens, I was constantly reminded that it wasn't. I struggled with my sexual identity and contributed its indifference to my sexual violation. For decades I felt blamed, no mental health support, and abandoned by my "religious" family. I was failed by many people I later understood did not know any better. And still I survived.

I'll stop there. Though I strongly feel that if you were sexually violated, just maybe you've experienced at least one thing as I did. As you answer the question for yourself, I support you in having the courage to exist in your truth.

### **What is the truth about the person or persons who violated you?**

This question may require time. When speaking of their truth, dare to imagine what they could have been going through to enact such a violation upon you. This is not suggesting you show them compassion for their wrong doing. This is to help you in your healing process.

I found out that my violator molested me not to hurt me, though to please themselves. This revelation did not minimize its upsets. However, I was able to understand just a little bit more about life in way that help me in my healing process.

### **What is the truth about the shame you may have felt or feel in relation to your sexual violation?**

No writing is necessary, and the goal is be clear on your answer.

### III. A blessing in every lesson

#### What is a blessing?

A blessing is the act or words of one who is blessed. Being blessed is defined as many things to many people and begins with the blessing of being alive. From our lives blessings continuously flow. Not always at the pace we may wish to imagine them, however always continuous direct, and in divine order. May I encourage you to always look for the blessing in every lesson life carries you to and through.

#### What are lessons?

Lessons are things that we learn.

This section deals with finding the blessing in each lesson befell upon us. There are lessons in sexual violations. Lessons for all involved parties and others. This doesn't mean that sexual violations must or should occur. Though because they do occur, there are things in which can be learned. Rather summarized in statistical data. Or shared through the eyes and words of a survivor. These lessons are purposeful and can be the saving point to someone's life.

**Can you think of three occurrence you've experienced within the last 24 hours to which you can find a valuable lesson?** If you need to reflect beyond 24 hours do so as long it you can complete the task. For these exercises first list the lesson(s) you learned, and then interactions (occurrences) that fostered them.

#### Occurrence 1

Lesson:

---

---

---

---

---

---

---

---

---

---

---

Interaction:

---

---

---

---

---

---

---

---

---

---

---

---

## Occurrence 2

Lesson:

---

---

---

---

---

---

---

---

---

---

---

---

Interaction:

---

---

---

---

---

---

---

---

---

---

---

---

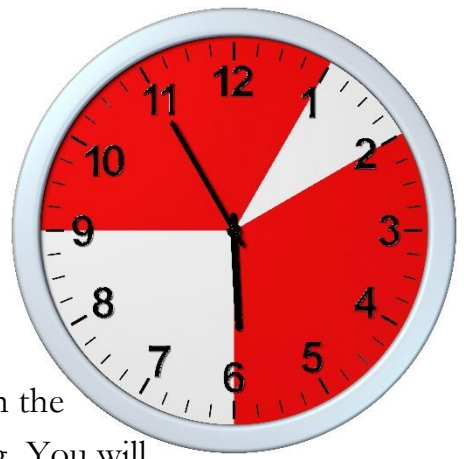


- I know that I was allowed birth for my creator saw me worthy of his precious gift of life.
- I know that people don't simply become abusers from nothing, and I'm blessed to extend grace to my violator even though they've never acknowledged what they did to me, nor have ever apologized to me. And with humility I'm blessed to know that I don't need it.

Notes:



## IV. Perfect Timing (clipart)



All healing processes have an ideal timeframe, in which healing is necessary to be completed. The process can look one way, though completely feel another. As you embark on the journey of healing know that it will happen in perfect timing. You will best experience this journey when you're always ready to meet each moment of it.

Time is one of the most precious experiences we as people value most. It is irrevocable and encompasses the inevitable of life. How we feel about our time is just as valuable as what we do with it. Evaluate how you're spending your time, and measures the results produced from it.

I would like to share some of the things I've done with my time as it relates to my healing process. I share this in hopes to connect with you as if you've also been sexually violated, one or more of the comments below may resonate with something you've done already or may find helpful to explore.

### **1. I evaluated how I changed upon first being violated.**

It was helpful, and 20 years after my violation. I concluded that after I was sexually violated, I began to act out. My behavior shifted and I was told by my mom that she remembers seeing the change. I coined this era in my life as the moment my innocence was taken and the trajectory of my life changed. Though this realization was decades after my violation, I understand that I got it at just the right time.

### **2. I sought to understand the many things I missed along the way.**

I sought these things in effort to heal from the wounds of my past. For this interval of time, I focused on all things emotional, financial, mental, physical, and psychological. This was not only about my sexual violation. The totality of my life was reflected as the effects of my sexual violation impacted all aspects of my being.

The most important thing I discovered was that for as many bad experiences I encountered, there were equally if not more good experiences. For each time I was bullied and harassed, ostracized, and push aside it was all a part of the perfect plan for my life. For all the outburst I expressed in my ignorance of my pain, I realized that there were many people who loved me in spite of.

### **3. I needed to understand who failed me or if I had been failed.**

I took time not only to evaluate how my violation changed me and what I missed along the way. It was critical for me to also best understand who if anyone failed me. By this I was looking for the village in which I thought was positioned to protect me. I considered my blood relatives and church family. At some point I thought if society had failed me. I found it was a combination of the three to a degree. Most importantly I had to own up to perhaps how I had failed myself. Not in the sense of protecting myself from my violation, rather in my adult life not having the courage I needed to freely be me. What I am speaking of is not about self-blame. For I know there was so much I did not know. However, there comes moment in life in which a survivor of a sexual violation must re-own their lives. The life they had before their violation. In truth I concluded that at times I was failed. It is and was my conscious decision to forgive and in the same spirit become freed.

### **4. I needed to find a purpose worth living.**

Forgiveness does embody liberation of the soul, though so many people tend to equate it to a surface level experience. After making the choice to forgive I still had to find a reason to live. My sexual violation led to a life of so many unknowns directly contributed to being violated.

This section is about “Perfect Timing”. We are born at our predestined times and will experience death just the same. The long-lasting after effects of my sexual violation haunted me for years. The main question I had was why me. I spent so much time wishing it would have never been me for I felt my life was the sum of violation and inadequacies. I gave myself permission to deal with what I feel, for I know in doing so I was on the right road to heal.

I invested time in looking for a reason to live. I found it through the upsets of my past and pain. In it I found purpose and realized that my life was given to me, is mine to live, but was given to be shared with others as well. I found that in time, and with hard work I could live the life I deserved. I believe that in all of your pains you will find purpose when you are actively seeking your purpose. In your pursuits you must always look beyond what you are able to see. It is within such faith and perseverance one’s healing flows. I believe I used my time wisely, and everything unfolded perfectly and always at just the right time.

Please take a moment and reflect as best as you can on the 10 moments of your life that stand out most. After you expressed them, follow up with an evaluation of what they added to your life.

Moment (Occurrence)	Added Life-Value

Complete this exercise as often as you feel you need to and see all of the wonderful moments you've experienced and triumphs you've overcome.

## V. The Silent Noise

The “Silent Noise” to which I’m referencing are the conversations people have about us, that they seem to not want to have in our presence with us. I want to narrow these conversations to the specific ones that alludes to conduct often brought on after being sexually violated. When you’re first violated whatever state of innocence and trust you inhabit is forever changed. Rather one knows it at the time or not, it does still emphatically change.

Society commonly references highly sexual individuals to having been sexual violated in their past. This is normally equated to teenagers and younger people who may have many sexual relations with multiple people often within short periods of time. The introduction of sex even through violation is still an introduction of sex for some people. This is not to be confused with a painful-violent sexual encounter to which the experience is in fact painful (abuse, assault, violation, rape). My goal is never to argue if for some rape is not as painful than for others, for it’s of no value to healing from it. In transparency I share that not all sexual violations feel painful for they can be extremely calculated by the abuser. I share this in hopes that someone reading who don’t know this will take note and exist in this awareness. Many sexual violators choose younger people and groom them. Violators are often family members, friends of the family, or known individuals to a victim’s family.

Consensual sex with minors rather pleasurable or not is still a sexual violation when the age of the victim is not of legal allowances. Many individuals who experience sexual molestation at a young age enact behaviors that may attract more predators or send off signals to abusers. Such awareness may never be understood in their occurrences, yet can be red flags and targets for more sexual violations. The silent noise in these cases are often the names people call survivors in the existence of their travels. They are the judgments and castigations often branded on the spirit of a survivor. They are the ignorance’s of an incomprehensible mind. And sadly, they are often the things survivors of sexual violations have been condition to believe are true of themselves.

There is not one single thing to which you have heard about yourself that you weren’t supposed to. Not one single rumor or lie that you weren’t prepared to endure. Not one offense you could not overcome. One of the best ways to overcome our hesitancies often left in the after effects of the silent conversations we see is to extend grace to those who’ve not be their best to us. It does not excuse their behavior, nor in most cases will you experience instant gratification. I believe we all have participated

in “silent conversations” about others. They will never cease existence, and how we teach ourselves to respond to them can mean the world of a difference to our souls. So, in recollection of hearing these conversations in which others spoke upon us, if needed I encourage you to simply let the pain go.

### **Understanding letting go?**

We’re often told to let go of things we experience throughout our lives. This indeed can be healthy and one should keep the loads they themselves carry bearable. Letting go is always a good practice. Though what is letting go? I believe when one decides to let go of something they have concluded that at such a point no unanswered factors will be sought moving forward. It doesn’t signify that everything is better, however to live better “it” must be released. This means there’s no more trying to reimagine a different outcome. What it was and wasn’t are simply that, and by choice moving on with one’s life is understood to be more of value than marinating in the unanswered moments of such a thing. Letting go may require reinforcing certain mental, spiritual, and psychological entities for strength and peace. When you let it go, I truly believe you have freed your soul of anything once thought to be of damage because of it.

Notes:

## VI. The Strength to Believe

Healing of the soul unlike healing a physical wound requires a completely different process beyond the realm of physicality. For sexual violations cause injury to the spirit rather known or unknown by the offended. They may also cause physical harm or injury to the body. This section speaks to having the strength to believe. Believe in the possibilities of healing and liberation. When you make the decision to believe that healing is possible you set a precedence to achieve that blessing.

One of the definitions of **strength** is the ability to endure power. It extends into the quality of being strong. To **believe** is simply a choice to put your faith to work withing your thinking processes. Ask yourself who determines your ability to believe in yourself and your dreams? Who determines the navigation of your faith? Who's to determine what healing looks like to you?

### **Why is having strength to believe so important?**

Having the strength to believe indicates that one is strong enough to do so. Sexual violations are often viewed as afflictions that in some way makes you weak or lesser than. They encompass immense shame for many people who've been violated. The absence of strength lessens one chances of achieving the overall goal of healing and becoming whole.

### **In what should one believe?**

You must first and always believe in yourself. I say this not to fill up space on this document. Honestly, it is imperative to believe in yourself; you must.

### **What does it look like to believe in yourself?**

- Always showing up for yourself.
- Being vigilant of the people you allow in your life.
- Being vigilant of what you speak into your life.
- Being vigilant of what you allow others to speak into your life.
- Being able to admit one's faults and wrongdoings
- Being accountable for your actions, inactions, and words.
- Having a plan for your life that motivates you to live it and see them through.
- Having an awareness of who you are.
- Telling yourself the truth and also being willing to hear it from others.

- Understanding that you're imperfect and a part of your life is making some mistakes.
- Understanding that your only competition will be yourself; celebrate others greatness as well as your own.
- When failure occurs, you try again knowing that when it's your time it's your time.
- You encourage yourself when things are good and when things are/seem bad.
- You exist in the energy to enjoy and cherish every moment of your life, with or without having everything "right" in it to do so.

Please consider these strength building exercises. They reflect mental strength building awareness and actions that are pivotal to your progression and endurance.

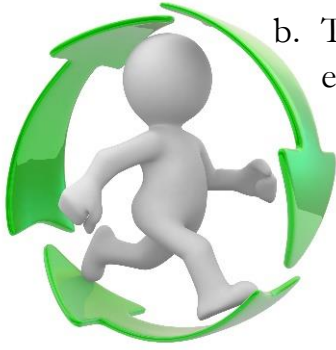
**1. Exist knowing that anything is possible.**

- a. This doesn't mean that everything will be possible.
  - i. Your awareness is that your healing is possible.
  - ii. Your awareness is that what you start can be finished.
  - iii. Your awareness is that strength is powered by will and action.  
And in the midst of any doubt of it you can satisfy that judgment through action.
- b. It does mean that our impossible limitations are subjected to our beliefs.
  - i. You have the strength to set and reset your limitations.
  - ii. You have the responsibility to self to imagine that you can and will as the navigator of your life.
  - iii. You have the responsibility to create the life you desire, in the faith that you can acquire it.

**2. Be clear of what healing looks like to you.**

- a. This sets expectations that can be measured.
  - i. This means you alone get to decide what healing is for you.
  - ii. This means that when you receive it, the fulfillment is priceless for you sought and accomplished what you needed most.
  - iii. This means that inhabit the strength to always speak what you need and have the power to obtain it.





- b. This illustrates a want you've identified, as opposed to what someone else says you need.
  - i. This means you are in tuned with self and are standing tall in your life.
  - ii. This symbolizes that you emphatically are strong in your stance.
  - iii. This means that you are indeed opened to receive your healing, and thereby with the required actions will.

### 3. Understand The Pushing Process

- a. This speaks to the consistent process of fighting to be and stay strong.
  - i. You are your strongest when you are well in all aspects of your life. Perform a wellness check. There are 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.

- b. When in pursuit of healing from sexual violations, your progress may not always reflect how you currently feel about your progress.
  - i. Exercise your strength in self when and if you ever feel that all of your work is not matching up to the output you had in mind. This doesn't mean to avoid being realistic. Progress takes time and what you tell yourself about your progress can significantly impact how you invest in your goals and missions of and to healing. Strength is often most needed when pressure is at its heaviest. When and if you are met with such an occurrence, tune in to your states of wellness and make a decision to get through the moment. Make a decision to fulfill whatever task you've set out to complete.

## VII. Recommended Resources

You are our most recommended resource for your healing. For your healing will always start and end with you. I believe as you're reading this document you are existing in your ultimate power. Your power to believe and simply be. As a survivor of sexual molestation being able to speak my truth was the most freeing act that led to my healing. It really freed me and helped to release the chains of shame I thought I was supposed to carry for surviving. Please communicate how you feel about any feelings you have with someone you trust. You don't have to trust them as much as you trust yourself, for within your self-trust you will always be alright.

- For individuals who desire help with understanding the legalities of sexual violations, the **United States Department of Justice** website is our top recommended choice. You can visit it [here](#).
- The **National Sexual Assault Hotline** is the nation's largest anti-sexual violence organization. It's opened 24 hours a day, and is confidential and free. You can visit it [here](#).
- For any questions you may have about any additional inquiries of help and support you can send them to us at [info@luvernessafehaven.org](mailto:info@luvernessafehaven.org)
- You can find more on **counseling and therapy services** for healing from sexual abuse here.
- We recommend this website for more on support for boys and men who've experienced sexual violations. [Click Here](#)
- You can find a plethora of more resources [here](#).

Notes:

## 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 import 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: \_\_\_\_\_

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

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>
<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: \_\_\_\_\_

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

Notes:

# My Gratitude Journal

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

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

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

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>
<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: \_\_\_\_\_

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

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)