



celebrate  
recovery

Welcome Home

## Sexual / Physical / Emotional Abuse Women's group

Our common background is a history of abuse and our goal is to enter into or maintain recovery. Recovery for us is a two-fold issue. We need healing from the traumas done to us at some time in our past; and we need healing from the influence these past experiences continue to have in our present lives.

### The Problem

#### **(Most) Survivors of Physical/Sexual/Emotional Abuse. . .**

- † Are hesitant to identify themselves as victims of abuse.
- † Feel isolated, depressed, worthless, and helpless to change.
- † Are struggling with feelings about God in relation to their life experiences of being abused.
- † Condemn themselves, trying to deny that being abused in the past somehow affects present circumstances.
- † Feel out of control; defeated in areas of compulsive behavior.
- † Feel angry, bitter, rebellious, having trouble with authority figures.
- † Feel a lack of self-worth.
- † Are preoccupied with thoughts of what it means to have a “normal” relationship with others; men, friends, family.
- † Question their own sexual identity and may experience confusion regarding their own sexuality.
- † Desire to regain their sexuality and feel safe intimately.
- † Question self-reality; “Who am I?”
- † Question whether life has a purpose for living.
- † Feel “at home” in crisis situations.
- † Struggle with perfectionism or “all-or-none thinking.”
- † Desire to have victory through Christ over the life experience of abuse.

# The Solution

Survivors of Physical/Sexual/Emotional Abuse  
Can experience recovery when . . .

- † We recognize that we are powerless to heal the damaged emotions resulting from our abuse, and we look to God for the power to make us whole.
- † We acknowledge that God's plan for our lives includes victory over the experience of abuse.
- † We understand that the persons who abused us are responsible for the abusive acts committed against us. We will not accept the guilt and shame resulting from those abusive acts.
- † We look to God and His Word to find our identity as worthwhile and loved human beings.
- † We are honestly sharing our feelings with God, and at least one other person, to help us identify those areas needing cleansing and healing.
- † We accept the responsibility for our responses to being abused.
- † We are willing to accept God's help in the decision and the process of forgiving our selves and those who have perpetrated against us.
- † We are willing to mature in our relationships with God and others.
- † We are willing to be used by God as an instrument of healing and restoration in the lives of others.

"The Solution" is partially based upon the book "Helping the Victims of Sexual Abuse"  
by L. Heitritter & J. Vought.