

I realize my body reacts to all bodily functions, which is normal.

I realize this is not my **dirty** little secret, I did **nothing wrong!!!!**

I realize that in order to **heal**, I must take the **power** back from my abusers.

I realize that going thru the process of therapy is **not** an easy process but one that is **crucial**, to be able to move ahead.

I realize that this is the **worse** thing that has ever happened to me, I must accept that, own it and heal from it.

I realize that the therapist can tell you certain things and you should listen, because they have dealt with people's reactions before and we are all similar in certain aspects.

I realize that what I went through was **horrible**, but it could have been **worse** it could always be **worse**.

I realize it's not what things I have in my life, but **who** I have in my life.

I realize I did not face this **then**, so I must face this **now**.

I realize that the healthier I get, the less power I give to my abusers!!!!!!

I realize it's time to stop shutting everyone out.

I realize I will survive this, I have already **survived** the hardest part.

I realize that I will always have bad days, but I will have less and less of them as I heal.

I realize that sometimes I can only take it five minutes at a time, that's ok, there is no rush, no timetables, and no have to's.

I realize my expectations for dealing with things in my life are much too harsh, since nobody could live up to those high expectations I should not expect myself to either.

I realize that even though what I went through was **horrible**, it is still all I have known for most of my life, so I am a bit **afraid** to heal and **not** have it in my life.

I realize I have a **right** to be able to look good if I'd like to, that does not make me more prone to **another** rape, and there was **nothing** I could have done to stop the rape from happening, **nothing** at all.

I realize that I am not going crazy, my reactions to things are normal.

I realize I had no control over what happened to me.

This booklet was written by someone who is recovering from Rape and Sexual Abuse.

Written for anyone who has been or knows someone who has

Rape and **Sexual** abuse does **not** end when the physical act ends, without help people walk around with the horror, sometimes their whole life. It is **important** to get help. I have been in therapy **this** time for three years, **Yes I'm better**, but I'm **not** there yet. Without this therapy, I would have continued my robotic existence. To the outside world I am doing great, I have a good job, I'm a good wife, and mother but I have some very disturbing things going on in my life, I have a weight problem, and I walk around scared and have flashbacks **all** the time. I'm prone to depression, and I'm always up-tight, just to name a few. I constantly walk around with the silly notion that I made this all up. I **cannot** continue thinking this way, I finally **realize I DID NOT MAKE THIS UP. Now** on my **bad** days, I will say this **over and over again** until it sinks in, because I **finally** do **believe** it, but sometimes I need a little extra **help** in reminding myself.

I **urge** you to get **help**, so you can live your life without giving your abusers anymore **power!!!!**

Remember above all else—You did not make this up, and you did not ask for it, nor did you like it!!!!!!

I have been both **raped** and **sexually abused** at different times in my life, and by different people. The aftermath is a **nightmare**. Sometimes you don't even really truly understand the **impact** it has on your life, until you start to heal. You must remember that you are not **alone** unless you **choose** to be **alone**. Reach out for someone. A Mother, Father, Sister, Brother, Friend, Teacher, Therapist or anyone who will listen. Being alone only enforces the dumb notion that we tend to have, that we somehow brought the rape or sexual abuse upon ourselves, and that there is something to be ashamed of. You owe it to yourself to try and heal. The only way to heal unfortunately, is a process that has a lot of up's and downs. It's not an easy road and it is a long road but the light at the end of the tunnel is right up ahead. Below is a work in progress, I will keep adding to it, as I continue to heal.

I **realize** that the rape and or sexual abuse were **not** my fault, I did not ask for it nor did I **want** it or **enjoy** it. **I was a victim of a crime, IT WAS NOT MY CRIME IT WAS THE ABUSERS!!!**

I **realize** that it isn't always enough to be forgiven by others, Sometimes you have to learn to **forgive yourself**.

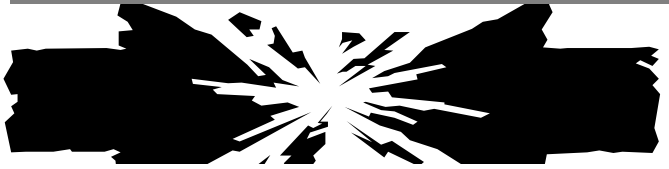
I **realize** that when I was abused as a child, I did **not** tell because my abuser told me **not** to, and since he was an **adult** I listened. I was **afraid** he would say I **liked** it.

I **realize** that beating myself up all the time, about things I had **NO** control over is just a waste of my time.

I **realize** I have the **right** to try and find happiness.

I **realize** I am a **good** person, **not** bad like my abuser **said** I was.

I realize I have nothing to be ashamed of.



I **realize** that it is very important to find the right therapist to help you in your journey. The wrong therapist can be **worse** than not having one at all. It's your life, if the therapist does **not help** you, the way you feel you need help, get **another** therapist.

I **realize** I have the right to be **angry**, but I don't have a right to be **cruel** to those I love.

I know I did not make the rape up, I mean I know it...but still some days, I still wonder if I made it up???? I think it's so much easier to believe that I made this horrible thing up, that I must have made it up, especially since this kind of thing only happens to other people!!!!

E-mail [Writer-mrs88888@yahoo.com](mailto:mrs88888@yahoo.com)
Web-<http://home.earthlink.net/~printser>

I **realize** that if you say **no** it should mean **no**, but sometimes your **no** goes unheard, That's because **they** have chosen **not** to hear you, **not** because you did not say it **loud** enough.

I **realize** you can keep on going long after you think you can't.

I **realize** it takes years to build up trust and **seconds** to destroy trust.

I **realize** I need to like myself, and not to think negative thoughts about myself.

I **realize** I am who I am because of what I've been through, and that's a good thing.

I **realize** only I can help myself, but it's **ok** to reach out for **help**, I should not cut myself off from people.

I **realize** I am not **dirty** because of things that were **done to me**, that my body reacted to.

I **realize** I cannot control when I get my memories, they will come when I'm ready.

I **realize** the harder I try to keep the lid on the bigger the pop when the lid pops off.

I **realize** that I can't blame myself for the way my body reacted, when sexual things were done to me that I did **not** ask for.

Rape and Sexual Abuse with all it's aftermath is a nightmare!! You must deal with it before it takes over your life.