



7 Steps to SUPPORT THE HEALING OF OUR SCARS



For Adult Survivors of Child Sexual Abuse

(Each Step is a personal choice)



***“Never be ashamed of your scar.
It simply means you are stronger than
whatever tried to hurt you”
- Unknown***

H OPE - Hold on to hope that our SCARS will heal

E MBRACE - The truth; it was wrong what we experienced

A CCEPT - It wasn't our fault

L OVE - Sexual abuse is never love

I NNOCENCE - Was stolen

N URTURE - We need nurturing & support for recovery

G OD - God can provide Hope, Healing, Forgiveness & Purpose

1. **H OPE** – Hold on to hope that our SCARS will heal

- The first part of our healing is our revealing
- The TRUTH SETS US FREE
- Sexual abuse of children causes emotional wounds; some wounds leave SCARS.
- Our SCAR can heal over time. It doesn't disappear, as it is a representation of pain
- Our SCAR can also represent a battle, which we have fought and won

2. **E MBRACE** – Embrace the truth; it was wrong what we experienced

- It shouldn't have happened
- Our power was taken from us
- Our free will was taken from us
- We were too young to process the abuse and didn't know how to defend ourselves
- We were afraid no one would believe us
- Maybe we told and they didn't believe us
- We ask ourselves "why didn't anyone ask?" "How could they not know?"
- What happened to us was wrong and our feelings are validated

3. **A CCEPT** – Accept that trust was violated and it wasn't our fault

- Our trust was betrayed whether by a parent, family member, babysitter, coach, clergy, teacher, sibling, older child, or family friend
- We were deceived; this can cause anger
- We were abandoned; this can cause sadness and/or fear
- We were confused; children do not understand sex and boundaries if no one explains appropriate behavior & inappropriate behavior
- We felt shameful because sometimes it felt good
- We felt guilty because he/she told us it was our fault; we liked it; we should've told someone
- These are all understandable & substantiated emotions

4. **L OVE** – Sexual abuse is never love

- It was not consensual
- We can be confused with what is sex and what is love; intimacy should be between two consenting adults who truly love each other
- We must love ourselves
- We have some SCARS on our heart; sometimes we cannot give to others what we haven't received ourselves

5. **I NNOCENCE** – Our innocence was stolen

- We did nothing to deserve this
- It was not our fault
- It is not our shame

6. **N URTURE** – We need nurturing & support for recovery

- We need each other because we can't walk alone in this experience
- We need validation that what happened to us is believed

(We feel that this 7th step is the most critical of your healing journey, but Faith in a power greater than ourselves is a choice)

7. **G OD** – God can provide Hope, Healing, Forgiveness & Purpose

- Hope is something we can give up on or something we can cling to
- God can work good things out of bad things in our life if we trust Him.
- Not everything that happens in life is good because all things are not good. Cancer is not good, Disease is not good, Death is not good, Divorce is not good, War is not good, Rape & Sexual Abuse are not good.
- Not everything that happens in the world is God's will; He gave free will to man & woman.
- Man or woman did this to us, not GOD
- We cannot be self-reliant to heal but rather God-reliant
- We need God to heal our scar and be our life preserver
- We have incredible value and He can restore us to make us new
- Forgiveness doesn't mean forgetting, it doesn't mean excusing, it doesn't mean approval & it doesn't mean acceptance
- We were first to have received unconditional love from our parents. If we don't we wonder & thirst for purpose. We thirst for peace in our conscious
- We are spiritually a virgin to Him & are defined by our purpose not by our SCAR
- We can heal by applying the medicine of God and rest in His care
- God can turn what was meant to harm us into something good & purposeful

NIV – Jeremiah 17:14

Heal me, LORD, and I will be healed; save me and I will be saved, for you are the one I praise.

“Don't ever be ashamed of your story, it could validate, support and help to heal others and yourself”