

If you are Healing from Sexual Violence, Read This Every Morning
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By: Shannon

If you healing from sexual assault and you get out of bed in the morning,
You are doing well.

If you healing from sexual assault and you hold down a job,
You are amazing.

If you are healing from sexual assault and and you are still remotely pleasant to others,
You are a lot nicer than me.

If you are healing from sexual assault and you cannot always be there for a friend,
You are still a good friend and a strong enough person to know what is best for you.

If you are healing from sexual assault, and find it difficult to care for yourself, but still find the strength
to care and love your family than you are strong as well.

If you are healing from sexual assault and you decide to tell your story,
You are brave.

If you are healing from sexual assault and you decide that you are not ready to tell your story,
You are also brave.

If you are healing from sexual assault and you cry daily or have nightmares,
You are normal.

If you are healing from sexual assault and seeing happy, healthy people makes you sad, angry, jealous
and worse,
Join the club.

If you are healing from sexual assault and you decide to press charges against your perpetrator,
You have incredible courage.

If you are healing from sexual assault and you cannot or choose not to press charges against your
perpetrator,
Your perpetrator is still the one to blame, and you are smart for knowing what you can handle.

If you are healing from sexual assault and think that what happened was your fault,
You are wrong, but you are not alone.

If you are healing from sexual assault and are jealous that some survivors put their abuser in jail,
You are one of many.

If you are healing from sexual assault and feel like your significant other truly understands and is 100% supportive,
He or she is rare and a keeper.

If you are healing from sexual assault and you have a good support system,
It will help A LOT.

If you are healing from sexual assault and you don't have enough people who understand what you are going through,
I strongly recommend joining a support group.

If you are healing from sexual assault and were not believed or supported when you found the courage to tell,
You still deserve to be heard, no matter how long ago it was.

If you are healing from sexual assault and you feel like you hate your body,
Remember your spirit is held within your body.

If you are healing from sexual assault and feel painfully alone and isolated,
Please know that there are thousands of people healing with you in spirit.

If you are healing from sexual assault and there are days where the only thing you are able to do is exist,
Remember, we are existing with you till you can live again.

If you are healing from sexual assault but still looking to the future,
you are a survivor.

Adapted from:

If You Are Going Through Infertility (Read This to Yourself Every Morning)

By K. Elam, RESOLVE of GA member

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