

3 KEY CHOICES FOR DEEPER HEALING

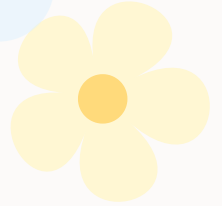
TELL YOURSELF THE RIGHT NARRATIVE

What story are you telling yourself?

Problem - You may be telling yourself your (ex)husband/boyfriend's narrative

Solution - Get educated about DV and be intentional in your healing.

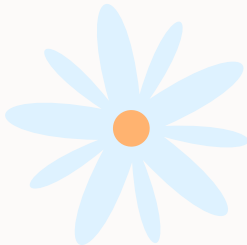
Be intentional about what you tell yourself. *Prov. 23:7 & 2 Cor. 10:5*



BE INTENTIONAL WITH HEALING *Psalm 16:7-8*

Problem - You are/were not sure where to start - don't want to face the pain - think you can do it by yourself - too embarrassed to tell anyone else.

Solution - Get the help you need. Take a step forward - *what is your next best step?*



- *Seek counseling or join a class*
- *Create a support team (even just 1 person)*
 - *GOD - Psalm 16:7-8, Matthew 11:28*
 - *Friends - family - other survivors - counselor - class*
- *Draw a healthy boundary*
- *Have realistic expectations*

TAKE TIME FOR SELF-CARE *Luke 5:15-16*

Problem - You have worked so hard to take care of everybody in your family: *your own needs came last or were inhibited.*

Solution - Give yourself permission for self-care.
It is NOT selfish.

Why - There are many losses to grieve (and you are exhausted trying to please everyone).

- *Loss of/wounds from friends, family, & church*
- *Loss of a healthy marriage*
- *Loss of trust due to betrayal*
- *Trauma...and so much more*

How - What fills your joy bucket? Make a list!
Create a gratitude/prayer journal

