You are invited to explore how these ideas feel with a trusted advocate or friend, or by journaling. What would it be like to imagine these possibilities for the future?



community Safety

Respect

It is okay to have thoughts, feelings and desires that differ from those of others. People of any age can love, care about and respect each other even if they a do not agree.

Communication

Making mistakes is human: recovery is a learning process. Being willing to speak openly and honestly with trusted family and friends/others builds courage and selfacceptance.

Patience and Support

A person may speak or use creativity, quiet, movement or words to work through emotions. People deserve to share difficult experiences at their own pace in their own way whenever possible.

Body Care

Meeting physical needs builds strength in body, mind and spirit after the chaos of abuse. Regular food, rest and caring hygiene build trust within the self and among families.

Work and Money

An adult can make decisions about their own career, health, identity and finances. Labor can be divided and shared in ways that feel fair, whether at home or in the workforce.

Autonomy

e. A survivor has a right to make decisions about meals, sleep, money and emotional support. These choices are valid without any input from the person causing harm.

Personal Space

People of every age and gender are people, not property. Family members can share culture, language and religion while still honoring each person's dignity and humanity.

Self-Care

Survivor

Healing

Self-kindness can feel difficult, but is part of the recovery process. This includes selfforgiveness and finding ways to say "no" to the unwanted, aka boundaries.