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.

Autonomy
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.

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 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 self-acceptance.

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.

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

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.

Work and Money
An adult can make decisions about meals, sleep, money and emotional support. These choices are valid without any input from the person causing harm.

Survivor Healing
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?