



The 5 Strategies to Reclaim Hope

1

Awareness is realizing that the only time something can happen is now. Refocus your mind on the present.

2

Acknowledgement is knowing that your abuse happened, it wasn't your fault, but it is within your power to heal, change, and realize where you are now and what you need to do to heal.

3

Power Through Surrender is learning how your trauma voice talks to you and learning to let it be.

4

Mindfulness is the ability to focus on empowering thoughts and feelings while choosing to co-exist with non-productive thoughts and feelings.

5

Faith is planning for the future without anxiety and connecting with a power greater than yourself.

“Being broken isn't the worst thing. We can be mended and put together again. We don't have to be ashamed of our past. We can embrace the history that gives us value, and see our cracks as beautiful.”

– ANNA WHITE –