

Journaling your Progress

Clearly, the impact of abuse on adult survivors of child sexual abuse influences their behavior. Although you are wounded, this course proposes to help you regain a sense of who you are. So we ask that, following each module, journal your progress. It will allow a measurement of significant information to your recovery. As follows, record your responses to this effect. For example, **HOPE**:

Hope is significant to healing. It is clear that you are expecting it. We would like to see that expectation by a showing of your behavior ...

- 1) The results of being hopeless (open wound), and
- 2) The results of improving (recovering)

OPEN WOUND

Hope

There are many things that which we wish; however, hope is an assurance based on a faith that what we want, we will get. But at times when we are not hopeful, it could be the result of unrelenting symptoms that accompany us: namely, **depression**. Many survivors have suffered depression. Symptoms may be, but are not limited to **feelings of sadness, unhappiness and misery**.

1. Assess your behavior for example, by providing a list of specifics, to show that you are hopeless.

2. What in particular causes you to feel hopeless? Describe your hopelessness.

RECOVERING

Hope

Being hopeful is one way to express that you expect something. Healing is possible. With this in mind, being hopeful shows promise for your success. All the more, your anticipation heightens your eagerness in the things for which you hope. When being hopeful, you should feel **confident, faithful and encouraged**.

1. You are expressing hope for some things. Show your behavior, with specifics of hope manifesting.
