



The Comprehensive Blueprint for Overcoming Sexual Abuse

Course Workbook

An Online Approach to Unraveling Mentalities Molded and Shaped by Abuse



KAREN DOUGHTY, TRANSFORMATIONAL COACH

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C O N T A C T :

Periscope: @karendoughty

Instagram: @karendoughty

Website: karendoughty.com

Email: doughty.karen@yahoo.com

Snail Mail:

Karen Doughty

PO Box 10043

New Orleans, LA 70123

Welcome

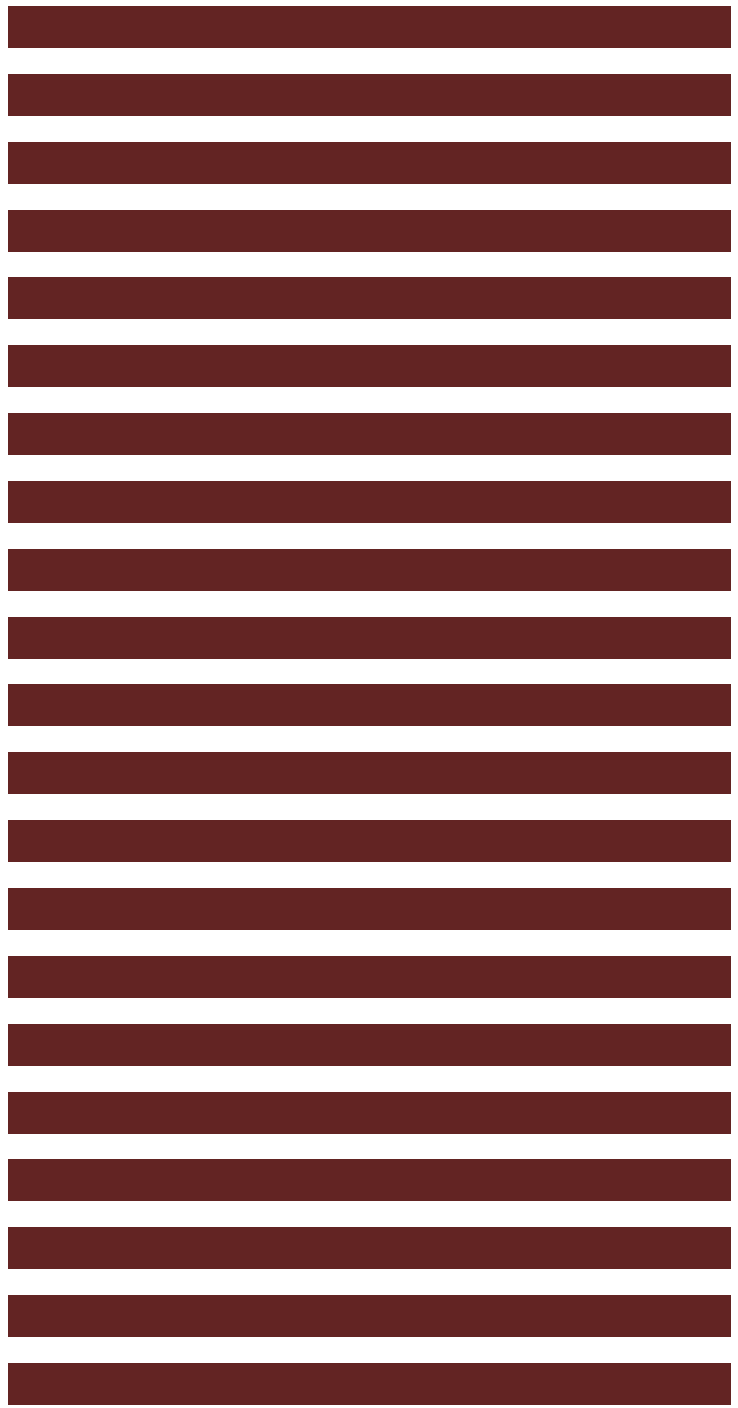
It gives me great pleasure to serve you. While we hold you in high esteem, I am marked by humility, and highly anticipate administering healing to you. Nevertheless, **healing will manifest by the working of your faith.**

To get off to a good start, please find below questions that only you could answer. This is in an effort for you to move on from what was—as you seek to know what is. In other words, you will visit your past only to learn how it affects your present, so that you can finally confront it and move on.

It behooves you to be honest with yourself, even if at times, it hurts. And, at times, it will hurt. This may come off as being insensitive but, “the door through which pain once entered is the same door through which it must depart.”

However, as your Change Agent, it is my sincere intention to lead you by example. I will draw from my experience of healing and restoration in knowing very well that, I can take you as far as I have gone. This could be a win, win. Therefore, **I boldly, declare and decree change for you.** So stand with me in support of you returning to the original intent and purpose of your life.

With that said it’s time to reflect on where you are now. You can do this by embracing the foundation that is set before you.



Karen Doughty
*School of Healing*TM
Worksheets

Table of Contents

1. PRE-COURSE WORK

- Set your expectations and boundaries before the Masterclass.

2. KEYWORDS AND PHRASES

- Learn the following keywords and phrases:
 - a) Self-help
 - b) Faith
 - c) Come to terms with
 - d) Overcome

3. GET CLEAR ON HEALING

- Choose which best describes healing for you so that you can arrive at that destination.

4. CREATE A LIST OF PEOPLE TO SUPPORT YOU

- Make a list of names and phone numbers of the people that you have chosen to be your **'accountability partners.'**

5. SIGN THE NO-SUICIDE CONTRACT

- Sign an agreement promising not to do anything to harm or take your life.

6. TAKE THE SELF-ASSESSMENT QUIZ

- Assess your current state and show your determination to complete this course.

Goals of this course...

- To cause a paradigm shift for adult survivors of sexual abuse.
 - To empower survivors, in doing so, they will learn how to draw from their own well and get their power back.
 - To give survivors a platform with a navigation system to help guide them on their journey.
 - To introduce new strategies and coping mechanisms for recovery.
 - To transform survivors by the renewing of their mind.
-

What this course will not do for you...

- It will not answer all your questions.
 - It will not take the place of your therapist or counselor.
 - It will not do for you what you can do for yourself.
 - It will not erase the past.
 - It will not make amends for you.
-

What this course will do for you...

- It will serve you by example.
- It will educate and inspire hope.
- It will validate your perspective.
- It will aid in your healing.
- It will reinforce healing.

WORKSHEETS

PRE-COURSE WORK

How Enthusiast Am I?

General Assessment

Before you get started, we invite you to complete this short survey. These questions are designed to determine the level of your enthusiasm for overcoming childhood sexual abuse and for you to be clear on what you have experienced.

1. Check all that applies to you regarding **healing** from incest, rape or any other form of sexual abuse. If it's your first attempt then, say so, by placing a check mark next to *my first attempt*.

- My first attempt
- Never made an attempt
- Worked on my own prior to this
- Worked with a counselor
- Worked with a therapist
- Need assistance
- Desire assistance
- Didn't know I need healing
- I want to heal but didn't know where to start

2. Please circle the number that represents your determination for overcoming sexual abuse with 10 being very determined.

Somewhat Determined

Very Determined

1—2—3—4—5—6—7—8—9—10

YOU ONLY GET OUT WHAT YOU PUT IN

Setting Expectations

1. _____
2. _____
3. _____

BOUNDARIES

Setting Boundaries: Define your boundaries as you journey through healing.

KEY WORDS & PHRASES:

Define – self-help:

Define – faith:

Define - come to terms with:

Define – overcome:

*Awareness is the first step in healing. –Dean Ornish

Please place a check/s by the statement that best describes healing for you.

- | | |
|---|--------------------------------------|
| <input type="checkbox"/> Gaining strength | <input type="checkbox"/> Made Whole |
| <input type="checkbox"/> Getting better | <input type="checkbox"/> Past crisis |
| <input type="checkbox"/> Getting over something | <input type="checkbox"/> Recovering |
| <input type="checkbox"/> Getting well | <input type="checkbox"/> Rejuvenated |
| <input type="checkbox"/> Improving | <input type="checkbox"/> Restored |
| <input type="checkbox"/> All the above | |

Now, that you are clear on healing, who in your estimation is proper and fit to run the course with you? Namely, accountability partners are those who are committed to your success. So make them your “go to” people in the event you began to experience a meltdown or in need of their support.

ACCOUNTABILITY PARTNERS

Name:

Phone Number:

NO-SUICIDE CONTRACT

Since feelings run deep, you may have wrestled with the thought of committing suicide. As for me, having experienced PTSD pushed me to the limits. But as you can see, that attempt failed. In any event, if the thought of suicide arises (suicidal ideations), consider a diversion: **The No-Suicide Contract**. The No-Suicide Contract is a commitment to you which say *-regardless of how intense things may get and the possibility of reaching someone who can help diminish those feelings isn't available, I WILL STAY ALIVE.*

Review and sign the no-suicide contract below. Your signature alone will bear weight for you to take all precautions to abort thoughts of suicide and the act thereof. In the midst of switching gears (thoughts patterns) it can save your life.

NO SUICIDE CONTRACT

I, _____, hereby agree that I will not harm myself in any way, attempt suicide, or die by suicide.

Furthermore, I agree that I will take the following actions if I am ever suicidal:

- 1) I will remind myself that I can never, under any circumstances, harm myself in any way, attempt suicide, or die by suicide.
- 2) I will call 911 if I believe that I am in immediate danger of harming myself.
- 3) I will call any or all of the following numbers if I am not in immediate danger of harming myself but have suicidal thoughts (I will result to the list of names and phone numbers and any other relevant contact information above as instructed earlier):

1-800-SUICIDE -- 24-hour suicide prevention line that can be called from anywhere in the U.S.

Signature:

Serenity Prayer

“God grant me the serenity
to accept the things I cannot change;
courage to change the things I can;
and wisdom to know the difference.” [1]

Congratulations...
You have ***chosen*** to overcome
Child Sexual Abuse!

Let's begin to,

Come to terms *(to begin to accept and deal with something difficult or unpleasant)* **with Child Sexual Abuse....**