

A Survivor's Affirmation of Strength

Who I Am

My name is _____ (your name). I am a survivor of child sexual abuse. This is part of my survivor story.

I may appear like an ordinary person, but I have _____ (adjective) strengths that set me apart from everyone else because of the _____ (adjective) obstacles I have worked to overcome to get to where I am today.

What I Love

I am someone who loves to _____ (activity) and _____ (activity) because doing so brings me joy and serenity.

My Support System

I have told _____ (people) about my experiences. Disclosing felt _____ (adjective). The person I told was _____ (your relationship with the person). From this experience, I learned that I need _____ (adjective) types of relationships in my life because I deserve to be heard, loved, and supported.

My Strengths & Values

When I take time to reflect on the traumatic events or losses I have faced, I realize these events have taught me these strengths about myself: _____ (your strengths).

I use these strengths and values as a compass to motivate me to grow in the direction of my dreams. My values are _____ (value 1), _____ (value 2), _____ (value 3).

These values connect me with what I stand for and what I want my life to be about. I know it can be hard to focus on wellness and healing, so I have people in my life to remind me of my strengths.