

Breathe Finding Freedom To Thrive In Relationships After Childhood Sexual Abuse

Hush - Nicole Braddock Bromley 2008-09-01
Childhood sexual abuse is running rampant, yet it's the best-kept secret in our nation today. Its victims grow into adulthood with their little child's heart trapped in the pain and torment of their past. Nicole Braddock Bromley shares her own story and the steps to moving from silence to healing. *Hush* exposes the harsh realities of childhood abuse, explains the pain it causes, examines the false beliefs it creates, and empowers survivors to begin a personal journey toward healing by breaking the silence. With words of understanding and comfort, Nicole tells the real-life stories of those whose voices would

otherwise never be heard. She is straightforward enough to pierce the hearts of those in a survivor's circle of influence, yet careful to tread lightly on what could be tender words.

Beyond Our Control - Leila Rae Sommerfeld
2009-03-01

Counselor Leila Rae Sommerfeld shares her own story and a message of hope in this detailed guide to recovery after sexual assault.

When a Man You Love Was Abused - Cecil Murphey 2010

For all women who know and love a survivor of sexual assault, best-selling author Cecil Murphey has penned an honest and forthright book about

helping the man in your life survive--and thrive--despite past abuses.

Soar - Nicole Braddock Bromley 2014-03-17

If you are a survivor of childhood sexual abuse in search of real healing, this book is for you! Both a personal workbook and a group study guide, SOAR walks with you through the four major steps of moving from silence to healing: S - Shattering the Silence O - Overcoming Lies A - Accepting Freedom R - Reaching Out In the seven sessions of this workbook companion to Hush: Moving from Silence to Healing after Childhood Sexual Abuse, Nicole helps you apply her teachings to your own personal circumstances and connects you with the support of a trusted group of survivors. By purchasing this book you will be given access to all of the SOAR group session videos, hosted by Nicole and featuring the inspiring stories of other survivors who have broken the silence and taken courageous steps forward on their healing journey by becoming part of this special

community. Join Nicole and other survivors of sexual abuse as you find the keys to unlock the chains that have bound you to your painful past. Now is the time you find the freedom to SOAR! *Breaking Free Workbook* - Kay Toon 2020-08-06 As a survivor of sexual abuse in childhood, you may find that its effects continue to haunt you - bringing guilt and shame, perhaps depression and anxiety, eating disorders, troubled relationships and sexual difficulties. But although you can't alter the past, you can change the present and the future. *Breaking Free*, by Kay Toon and Carolyn Ainscough, draws on their nationally recognized and pioneering work as clinical psychologists giving a voice to the Survivors of child sexual abuse. It uses their courage and experiences to help other survivors face their past and take steps towards a better future. This new edition of the accompanying workbook now refers to types of abuse that have come to light more recently, such as street exploitation, and abuse by

celebrities, politicians and football coaches, as well as the use of digital technology to groom children and young people. Practical exercises work step-by-step on the problems that result from being sexually abused as a child. They are designed to present survivors with different ways to think about the past, and to arm you with new strategies to move on from the problems that disrupt the present, and look forward to the future. Exercises like these can be very beneficial, but they can also be painful. They can bring up strong feelings, so at every stage your safety and well-being are the first concern, and the book includes essential coping strategies for getting the level of support you need. This practical book will be enormously useful for survivors of sexual abuse, and may also help those who have been abused emotionally or physically. Therapists will also find it a useful resource to use with clients, and both this book and *Breaking Free* are regularly recommended by professionals in the NHS and

also in the media.

Christian Ethics - Stivers, Laura, A. 2020-08-15
"The fifth edition of this classic introduction to Christian ethics via the case method approach, utilizing case studies of contemporary ethical issues"--

The Long Journey Home - Andrew J. Schmutzer 2011-10-01

Maybe the only thing new about sexual abuse is quality discussion from several professions (psychology, theology, and pastoral care). Here are the insights of over two dozen psychologists, theologians, and those in pastoral care, all targeting the issue of sexual abuse. Designed as a resource for Christian educators, therapists, pastors, social workers, group leaders, and survivors, *The Long Journey Home* combines current research in mental health with rich theological reflection, global concern with fervent pastoral wisdom for the local faith community. Whether you are a counselor, professor, pastor, or spouse of a survivor, you

hold in your hand a fresh resource of information and advocacy for those suffering from the devastating effects of sexual abuse and rape. The breadth of material, biblical insight, discussion questions, and helpful resources gathered here just may be the tool of a generation.

For the Love of God - Todd Outcalt 2013-09-03

Each heartfelt story offers an integration of personal faith and daily life. Readers will discover relatable insights from some of the best-known personalities in the church today, as well as stories about some of the largest churches in America. There are dozens of poignant stories from "regular" folk—mothers and fathers, young and elderly, the infirm, the well, even prisoners who served their time and are now serving God. No matter the path or recollection, the perspective, or the take-away, each richly told tale confirms that God has a plan for us all and that you can count on His love forever. There's the powerful story of a family

whose daughter's writing assignment about a cancer-stricken tennis player foreshadows a frightening yet hopeful future. There's Stella the former felon who shows up on the church steps one day with a surprise for the preacher's wife. There's the autistic child who receives his First Communion with the loving support of the church community pouring into his family. The woman who awakens post surgery to meet a mysterious yet attentive male nurse with the nametag Chris, yet no one at the hospital has ever heard of him. The schoolteacher whose children keep drawing Thanksgiving turkeys with striped socks and the hidden message she finally opens herself to receiving. Page after page, For the Love of God offers readers encouragement and hope, and a chance to live a deeper, more faith-filled Christian life. Finding God in stories from others . . . sharing a ministry of hope with people from all walks of life . . . these are the ultimate blessings of For the Love of God.

Behind the Mask - Denise A. Dewald

He takes off my clothes and leads me to the only bedroom in our small trailer. He makes me lay on the bed while he undresses, all the while staring at my young nude body. I begin my mental escape. I'm in a vast field of tall grass where the air is fresh and clean and doesn't smell like beer and cigarettes. The sky is a deep blue. I breathe deeply and begin to run. So free! But I can never make it last. Due to the nature of the forms of abuse discussed in this book, and the frank manner in which they are portrayed, eLectio Publishing DOES NOT recommend this book for readers under the age of 18.

Pearl Girls - 2009-06-24

After experiencing the death of both parents, Margaret McSweeney recognized the importance of community like never before. Through these difficult times in life, she learned how God uses gritty circumstances to conform us to the stunning image of Christ. McSweeney also realized that she was not at all alone. It is

for this reason that she decided to compile essays into an inspiring book: *Pearl Girls: Encountering Grit Experiencing Grace*. Through this collection, readers will be encouraged by the heartfelt writings that deal with loss and hardship in a real and honest way. Respected authors such as Shaunti Feldhahn, Melody Carlson, Debbie Macomber, Robin Jones Gunn and others help remind every woman that they are not alone and that no circumstance is beyond the grace of God. McSweeney uses the metaphor of a pearl in order to better describe the situations that ail us all. When an oyster takes in a piece of sand in order to create its coveted masterpiece, it is initially painful to the soft flesh of the creature. But after the pain, appears a clean, white symbol of simplicity, purity, and endurance that any woman would be proud to wear. McSweeney believes that each woman is a pearl and together, form a necklace of great worth. In this book, readers will discover community and encouragement: women

are alone in neither their pain nor victories in life.

Make It Zero - Mary Frances Bowley
2015-12-22

"When we correct the factors that keep children at risk, we can make a difference in the lives of those children and the adults they'll grow up to be."— Mary Frances Bowley Children are meant to imagine bright futures and chase them. But for the millions of at-risk children in America, hope is lost in the heavy fog of trauma. Make It Zero is a call to bring it back. Tying shocking statistics to real stories, Make It Zero explores various forms of childhood vulnerability and offers specific ways for everyone to end them. It reveals the world of opportunity behind a single moment of compassion, and it teaches us that when we help the hopeless dream again, we ourselves come more alive. A book for everyone—moms, dads, teachers, bus drivers, nurses, whomever—it calls us to fulfill our responsibility to children and build a world that

is safe for every last one. Each of us is only one person, but one person determined to act is powerful. Moments can multiply into movements and create groundswells of change. Make It Zero is your moment. Be inspired. Be empowered. Help bring hope to every child.

[You Can Thrive After Narcissistic Abuse](#) -
Melanie Tonia Evans 2018-11-15

Narcissistic abuse was originally defined as a specific form of emotional abuse of children by narcissistic parents, more recently the term has been applied more broadly to refer to any abuse by a narcissist (someone that who admires their own attributes), in particular adult-to-adult relationships the abuse may be mental, physical, financial, spiritual or sexual. If you have been through an abusive relationship with someone who has Narcissistic Personality Disorder, you will know that no one understands what you are going through unless they have personally experienced it. Melanie Tonia Evans was abused by her former husband for over five years, it

almost took her to the point of no return, at her lowest point she had an epiphany that signified the birth of the Quanta Freedom Healing Technique. In this book you will learn how to: recognise if you are in an abusive relationship how to detach remove yourself from the narcissist's ability to affect or abuse you any more identify your subconscious programme, release it and replace it focus on healing yourself become empowered thrive and not just survive This revolutionary programme is designed to heal you from the inside out, its effectiveness has been proven by thousands of people worldwide.

[Shepherding Women in Pain](#) - Bev Hislop

2020-04-07

A critical resource for anyone who wants to help women with the pressures, frustrations, and trauma they face Women today often have sources of tremendous pain in their lives such as infertility, divorce, domestic violence, eating disorders, and more. Yet, most leaders are not

prepared to help women who have real pain from such traumatizing issues. If you want to be better equipped to help women in pain, this book was written for you. Designed to give leaders and care givers greater understanding and insights, Shepherding Women in Pain is a compilation from contributors who have expertise and experience on the given issue. Learn about domestic violence from expert Stacey Womack, founder and executive director of Abuse Recovery Ministry & Services; or learn how to help women who struggle with eating disorders from Kimberley Davidson, founder of Olive Branch Outreach. The reader will be provided concise, practical, and grace-infused information designed to help women deal constructively with the trauma of their life experiences. This book will serve as a key resource--to read and re-read often--for those who serve women in pain. A remarkable blend of expertise and empathy, Shepherding Women in Pain is a perfect resource for pastors, church

staff, and women's ministry leaders alike who want to help women in pain experience Jesus, joy, and wholeness again.

A Journey for my Father's Love and Mother's Secret - Kim Hug 2012-05-30

When hope dies in a person, life seems over for them. This candid autobiography chronicles the story of a woman who lost hope. Her only solution was to attempt suicide, but on the night she tried to end her life, she found a miracle that would change her life forever. This book traces her journey through abandonment, sexual abuse, secrets, and paranoid psychosis, a journey that did not ultimately lead her to death but to life. She was many times lost in delusions of unreality and spent countless days in mental institutions, seeking answers to a way out of the darkness of her life. But the answer came when Jesus found her, her haunting memories were revealed, and she began to walk down a new, healing road. Here Kim Hug speaks of the power of Jesus and how he gave healing and hope to

her life through many faithful people. This story was written through the inspiration of the Holy Spirit and is filled with creative pictures of memories and poetry as Kim rewalked her life over again to find the missing pieces to the puzzle of her life.

Metamorphosis: - Robyn Apffel 2014-10-25
Metamorphosis: A Poetry Manual for Survivors of Childhood Sexual Abuse is designed to lead the reader to self-awareness and self-expression. The chapters are arranged chronologically, guiding the reader through early childhood, adolescence, courtship and marriage, body issues, and into recovery. Each chapter begins with remarks that provide personal context and ends with writing prompts that lead the reader to think about her own situation, to react emotionally, and to write poems in expressing her own story and emotions. As the reader becomes a writer, she will find the voice she needs to experience healing. Written over the three-year course of psychotherapy,

Metamorphosis is a book of transformation. The frightened, distrustful child becomes a confident adult, capable of active participation in life and relationships. She can look at her history and claim it as her truth and cast aside the pretense and lies that she had formerly been forced to live. She can separate herself from her abuser and hold him accountable for his actions, freeing herself from the blame that had wrongfully been placed upon her. She can find the happiness and satisfaction she deserves. This book can be a valuable tool to use in conjunction with or following professional therapy. It can be used not only by survivors of childhood sexual abuse, but also by their partners in life, their friends and family, educators, law enforcement personnel, religious counselors, and even by abusers or potential abusers. Anyone who wishes to understand the effects of childhood sexual abuse can gain much insight by considering the pages of *Metamorphosis: A Poetry Manual for Survivors of Childhood Sexual*

Abuse.

Breathe - Nicole Braddock Bromley 2009-05-01
A least one out of every three women and one out of every six men have experienced some form of sexual abuse. Regardless of the circumstances of the violation, every survivor can attest that it will impact relationships with parents, friends, spouses, children, and God. Sexual abuse survivors are often left feeling isolated and without anyone to trust. But it does not have to be this way. Nicole Braddock Bromley understands the fears and anxieties victims face as they seek to build healthy relationships after sexual abuse. As a survivor herself, Nicole offers readers the power and hope necessary to share their story, build intimacy, and develop healthy communication in all their relationships. *Breathe* also serves as a helpful tool for those in relationship with an abuse survivor by providing guidance, confidence, and encouragement as they seek to help and support.

And the Bride Wore White - Dannah K. Gresh
2012-06-20

With over 250,000 copies sold, reviewers continue to rave about And the Bride Wore White: Seven Secrets To Purity. But the greatest proof of its effect is in the lives of tens of thousands of young women who've embraced the book's message. Each chapter of And the Bride Wore White begins with a narrative of Dannah Gresh's young love life, taken from her own teenage journals. She transparently shares her struggles and successes, her moments of pain followed by healing, and the moments of triumph. This story-line grips the young reader while they learn statistically proven risk-reduction factors. The end result are usable "how-to-say-no" skills that can reduce the risk of a young woman's heart being broken by sexual sin. In this update, Dannah and her friends share open letters of encouragement to young women, one to those who chose life and another to those who chose abortion, one to teen girls addicted to

pornography and another to girls who have experienced sexual abuse, and many more specific to a young woman's unique circumstances.

I Lost My Marbles - Caren S. Dillman
2014-08-25

Why, when we live in a sexually obsessed culture, do we hide our sexual brokenness? So many children are emotionally abandoned after abuse and left to navigate their way alone through life, struggling to find sexual wholeness. It takes a great deal of courage to confront an abuser. The shame, along with the lie that we are not good enough, lingers long after the abuse. I believe it is what fuels the secrets. If victims were able to tell their stories safely and freely, I believe they would be able to heal far more easily from childhood abuse. "What a great example of 'You have to live it if you're going to give it.' Caren has helped all of us live it better." Stephen Arterburn, Founder of New Life Ministries "I Lost My Marbles is an authentic,

vulnerable look at a journey no one ever signs up to take. Written with courage and honesty, Caren Dillman's story reveals the abuse that many suffer at the hand of a trusted loved one. Her book is also a humorous and candid love story, and a narrative of faith that is developed in the midst of the storm. The powerful conclusion will take your breath away." Gayle M. Samples, PhD Licensed Marriage and Family Therapist | Executive Director at Emmaus Road Counseling "A powerful read, presented with honesty and hope. Caren Dillman's unflinching narrative of trauma strikes deep in the heart. We feel her pain, her shame, and her confusion. We cheer her victories. Most of all, we come away with a profound appreciation for the author's story and her willingness to bring it into the light." Tammy Fletcher, Licensed Marriage and Family Therapist www.fletchertherapy.com "Everybody's got a story to tell and everybody's got a wound to be healed." The first time I heard those lyrics sung by the artist Plump, I wanted to

declare, "Yes we all have a story to tell and we all have wounds to heal. A light needs to be shined on the truth and our stories need to be told!" Imagine what could happen if we believed we were safe to share our stories without consequences of judgment or rejection? Our freedom and path towards healing would be liberating. When I first heard that song I was in the middle of writing my own healing story and I was again facing another roadblock. The fear that kept hindering me were questions such as, "how will other's respond to my story, will it make a difference to anyone else? Can I risk being real enough so that my story will offer hope to others?" When I faced those roadblocks I reminded myself what I had read from the Bible: "You must be very careful not to forget the things you have seen God do for you. Keep reminding yourselves, and tell your children and grandchildren as well." Deut 4:9 (CEV) It would be years after struggling through my own recovery before I would take the risk to share

what God had done for me. Like many people I felt isolated in my pain. I worked hard to hide the parts of myself that I believed would be rejected. I had repressed most of the sexual abuse from my childhood. I was unable to make the connection that the abuse had done damage which made it easy for me to believe that I was unworthy of love and acceptance. Childhood sexual abuse results in long-term side effects. One of them includes the risk of re-victimization. It creates serious problems for the individual, their family and society. Adult women with a history of childhood sexual abuse are more likely to suffer from depression, eating disorders, poor self esteem, and suicidal thoughts as well as other problems. Although the heightened anxiety I've lived with has been challenging, the most significant effect was my inability to be comfortable in an intimate relationship with God. I had to learn that the shame I had lived with did not belong to me. It belonged to those who were the victimizers. And as is often too

common, out of the shame and subsequent secrets I was left feeling confused and unworthy. At times in my life, when it was obvious that I needed to work on healing from betrayal and hurts I was unaware how extensive the plague of childhood abuse is in our society. Twenty-five years ago I learned that one out of every three girls will be sexually abused before the age eighteen. The statistic is nearly the same for boys will be abused? With increase awareness and knowledge, along with advances in education and treatment, the epidemic hasn't decreased but rather increased. Who would have imagined that in America we would be faced with sexual slavery and trafficking of young girls? However, the stats don't tell the extent of the problem. How many children, teens and adults have never told anyone their story? So why, when we live in a sexually obsessed culture, do we continue to hide our sexual brokenness? I know that so many children are emotionally abandoned after abuse and left to

navigate their way alone through life, struggling to find sexual wholeness. I've heard and read their stories. It takes a great deal of courage to confront an abuser. I discovered that shame, along with the infamous lie that we're not good enough, lingers long after the abuse. I believe it is what fuels the secrets. If victims were able to tell their stories safely and freely, and were believed, I believe they would be able to heal far more easily from childhood abuse. Through my own therapy work and as a psychotherapist to many others I began to recognize that there are many other factors that contribute to a child growing up without self-esteem and without confidence. Even an environment without overt sexual abuse can still be invalidating. I knew I couldn't pass onto my children what I did not possess. I couldn't teach them to love themselves if I secretly hated who I was. I had to find a way to parent differently than was role modeled for me. We all make mistakes as parents. The mistakes alone are not what

contribute to hurting our children. It's the unwillingness to own them and seek to do differently. At any point in time either one of my parents could have chosen to respond differently to me. They chose to reject me over seeking conflict resolution. It was left up to me to navigate through the tricky path of forgiveness. It was a slow process that happened gradually in stages. I hung onto the hope that one day they would come to me and ask forgiveness. As a licensed marriage and family therapist, I've heard individual's stories all the time. Someone would come into my office and one of the first things I wanted to know was, "what is your story? What were you hoping to gain by coming here? Can I walk along side of you and help you on this journey? All of the stories I hear are as unique and original as the individual client. I have learned to love the process of hearing these stories because I know how healing the telling of them is. Some of what I'm told has been difficult to hear. At times I have been shocked and

stunned with what I've heard. I am amazed at how they have survived. For many of these clients, I am the first one they risked sharing these stories with. I have shared my personal story in my book, "I Lost My Marbles." I pray you will find an opportunity to share yours. You can email me at Caren_dillman@hotmail.com.

Tending the Soul - Anita Lustrea 2011-04-01
Every day, tens of thousands of women turn to Midday Connection for spiritual nourishment and encouragement through the radio program and Facebook community. The hosts, Anita Lustrea, Melinda Schmidt and Lori Neff hear the heartfelt needs of these women and understand their desires to grow in body, mind, and soul. In response, Midday Connection along with prominent authors and artists - Staci Eldridge, Shannon Ethridge, Carol Kent, Sara Groves and many others - compiled *Tending the Soul: 90-days of Spiritual Nourishment*. This devotional combines transparency with biblical truth, as each reading begins with scripture, followed by

a short devotional including a deeply personal prayer, and closes with an application question. [I Have Been Sexually Abused. Now What?](#) - Jennifer Culp 2014-12-15

Sexual abuse of children and teens is shockingly common, not to mention under-reported and under-prosecuted. Fortunately, research and education are helping to change that. The trauma of sexual abuse may lead to further long-term symptoms such as anxiety, depression, PTSD, eating disorders, and substance abuse. It is known to increase suicidal thoughts and self-harming behaviors. Seeking help from professionals—even years after the abuse occurs—can alleviate feelings of guilt and shame, shifting the identity of those who have been abused from victim to survivor. This useful and sensitive book debunks popular myths surrounding sexual abuse and provides resources where survivors and loved ones can turn for help. Readers will learn how to identify and confront sexual abuse; its long-term effects;

and how to move forward in the aftermath.

Breathe Finding Freedom To Thrive In Relationships After Childhood Sexual Abuse:

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