

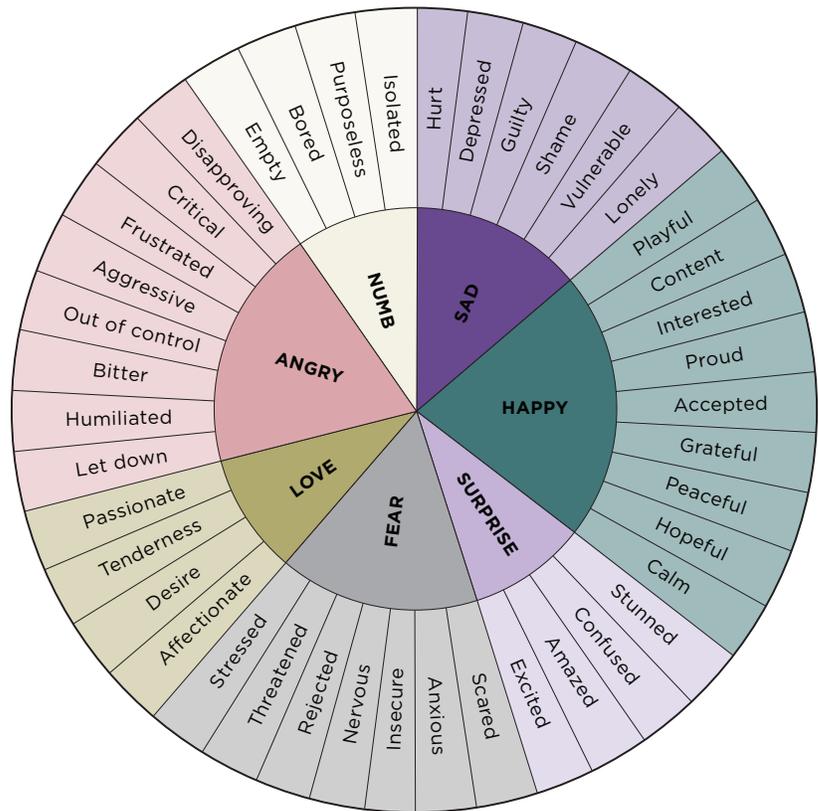
# You said #MeToo. NOW WHAT?

During the global #MeToo movement, you may be one of the many people who disclosed that you are a survivor of child or teen sexual abuse. As time has passed and people have become occupied with other issues, you may be left wondering to yourself, “Now what?”

No matter the trauma you’ve experienced or the pain you’ve endured, you aren’t alone. Healing is possible. This worksheet can help you plan your next steps in your healing journey.

## 1. TAKE CARE OF YOURSELF.

Whether you posted on social media, opened up to a few close friends, chose to share all of your story or just one part of your experience, disclosing can come with a lot of emotions. Writing down those emotions and giving them a name can help you manage them easier. On the emotional wheel to the right, highlight which emotions you have been feeling.



## 2. IDENTIFY YOUR SUPPORTERS.

A strong support system can take your healing to the next level. Make a list of people who responded positively to your disclosure and have continued to offer their support. Next to each name, write down how they’ve shown their support.

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### **3. ADDRESS UNHELPFUL REACTIONS.**

After disclosing, some survivors deal with unhelpful reactions from friends and family members. In these instances, it can help to take a step back and look at their response within the broader picture of your healing journey.

What about the person's response affected you?

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Do you feel it would be helpful to continue processing their response?

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Do you think it would help you heal to put their response behind you?

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### **4. DEVELOP PERSONAL VALIDATIONS.**

When difficult thoughts and feelings do come up, you can become your own best advocate. Write down 2-3 personal validations below you can turn to in need.

Here are a few examples: "I matter." "I can heal." "I am not defined by what happened to me."

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### **5. FIND JOY AND SAFETY ALONG THE WAY.**

Healing doesn't come all at once, but you can experience moments of safety and joy as you heal. Make a list below of things you can do to help keep perspective on your journey.

Examples: Connect with a friend; mindful walking; spend time in nature; journal; make a deliberate decision.

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## **6. CONTINUE YOUR HEALING JOURNEY.**

Additional services are available if you are ready to take your next steps. If you feel ready, check out the list below and circle one you'd like to explore more this week.

### **FINDING HOPE SUPPORT GROUPS.**

These groups are run by survivors, for survivors, and are designed to provide a safe space where survivors can heal and connect with one another. Learn more at [findinghope.org](https://findinghope.org).

### **THE HAVEN RETREAT.**

This is an immersive experience in which participants attend classes and activities designed to help them manage triggers and overcome trauma. Learn more at [youniquefoundation.org/the-haven-retreat/](https://youniquefoundation.org/the-haven-retreat/).

### **EDUCATION ON HEALING FROM CHILD SEXUAL ABUSE.**

You can find a variety of blog posts, infographics and other resources at [youniquefoundation.org/resources](https://youniquefoundation.org/resources). Each resource is designed to help you heal.

### **FIND A THERAPIST.**

Finding a therapist you connect with can make all the difference in your journey. If you don't already have a therapist and think you might be interested in working with one, visit [psychologytoday.com](https://psychologytoday.com) to begin your search.

If you are in need of immediate assistance, text CONNECT to the national crisis text line at 741741.