

Survivors are filled with creative wisdom about healing and growth, and these are some tips that some of us have picked up along the way. Though sometimes the journey can feel isolating and overwhelming, we are not alone. We are all capable of empowerment and healing.

These pieces of advice were all submitted anonymously by survivors at Carleton. There is no one way to heal, and what works for one person may not work for another. However, we hope that you find something in here that is helpful to you, and regardless of all the pressures we face here you find the support you need.

Love,
The editors

To anyone in the process of surviving.

I am more powerful than what happened
to me.

People want to support you and listen
to you, even if you think your story is
too heavy or that you should be over it
by now.

Writing a story about it helped me
get out my anger.

Never feel like you should be
grateful nothing "worse" happened.

I have a lot of trouble feeling like my body is a part of me and parts of my body feel totally numb sometimes, so I do exercises where I breathe into parts of my body and really focus on what I'm feeling (or not feeling).

When I have bad dreams about him I make up a new ending for myself.

Writing a letter to myself.

one day when I was feeling really down
on myself, i made a mirror with all
the things I liked about myself written
on there. Now it's up in my room.

I ALWAYS ask for consent.

In volunteering for the HOPE center's crisis line, I can feel anger and sadness for other survivors that I often have trouble feeling for myself.

Staying out of relationships for a while helped me figure out what I want and don't want sexually, rather than just going along with what my partner wanted.

I try to think of all the people I know who are survivors so I don't feel alone.

Playing soccer.

my mental and emotional health are
more important than my GPA

I'm fairly open about identifying as a survivor of abuse. For me, I don't think that I should be ashamed of something that wasn't my fault.

Not forgiving until I am truly ready and I think it will help me - it will have nothing to do with him.

During the complaint process, they often tell survivors not to talk to anyone who doesn't already know. It's not actually written anywhere in Carleton's policy or anywhere else, and I don't think you should feel silenced or like you can't talk to anyone.

I read the book "Yes Means Yes!"

When I am really upset I do really
useful things to help me feel I am
making good use of my time.

Questioning the way you understand
what happened is normal.

Seeing my self-injury as a way I
survived rather than as a flaw or a
disorder makes me feel way less fucked
up.

Not denying that there were good
things about him, but feeling
justified in my feelings.

Believing my memories was an important step in beginning to heal. Sometimes we don't remember things until we're in a place that's safe to do so.

When I feel like I am about to have a flashback and I'm not in a good place to deal with it, I dig my fingernails into the palm of my hands and try to name things in the room around me.

Taking the time to find myself - I went from not dating to dating a lot of people; neither of which was me. I finally settled somewhere in between. Also, it was important for me to make sure that I am not letting my partner control me and make me something I am not.

I imagine standing in an empty room with the person who assaulted me and just yelling and screaming at them, telling them how much they hurt me. When I do this, they are not allowed to say anything, they have to listen to me.

Learning to excuse myself from movies
and discussions with sexual violence.

Helping others puts purpose into my
experience.

Whenever I feel like hurting myself or doing something destructive, I treat myself to something nice.

If your family is abusive or not supportive, you can create your own family made up of friends.

let your body help reclaim your heart
with a walk, run, swim, wander
yoga, dance
games
where you can
think and then stop thinking
cry and then stop crying

or start again.

whatever you need.

Resources

HOPE Center safeline
1-800-607-2330

CAASHA - campus advocates against
sexual harrassment and assault
x5710

Your RAs, GSCAs, SWAs, Deans, the
Chaplain, and hall directors.

The wellness center
x4080, or campus security (x4444)
after hours

Healing Sex by Staci Haines

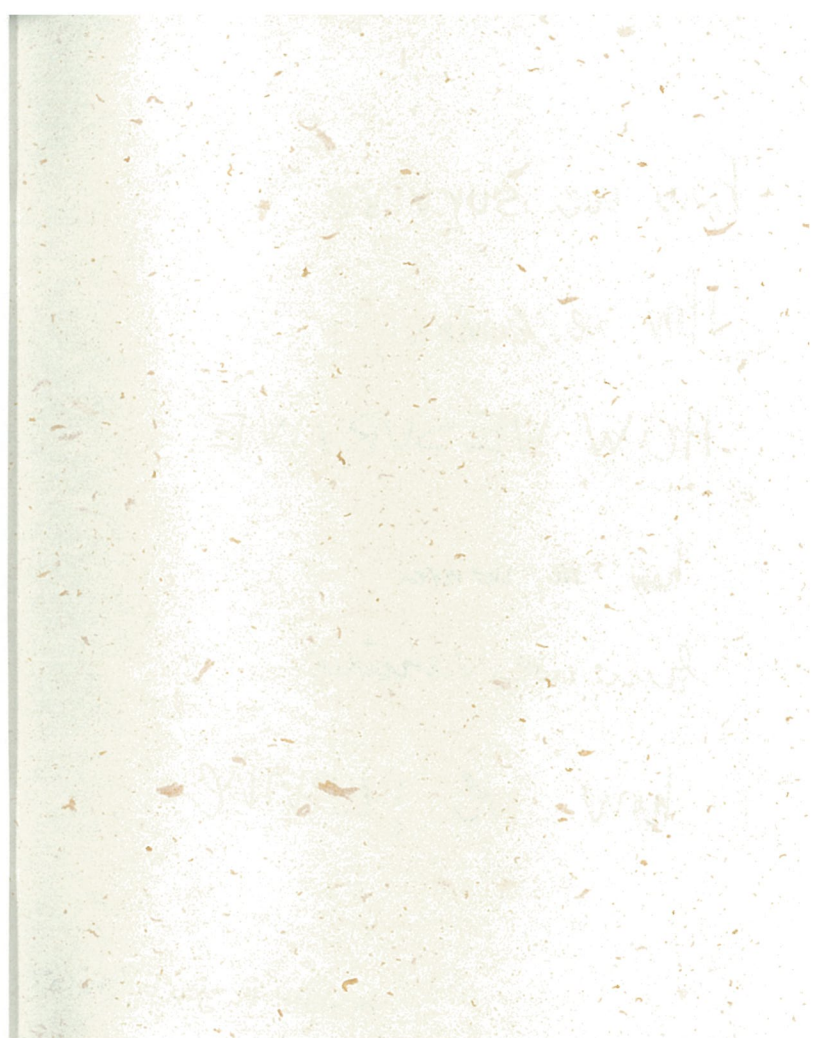
The Courage to Heal by Ellen Bass and
Linda Davis

The Color of Violence by Incite!

Victims No Longer by Mike Lew

Yes Means Yes! edited by Jessica Valenti
and Jaclyn Friedman

"I Am ... Sasha Fierce" by Beyoncé



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