

Mending the Wounds from Sexual Abuse: A Journey of Healing Through Faith, Family, and Love

Sexual abuse is a traumatic experience that can leave lasting wounds. The victim may feel shame, guilt, and anger. They may also have difficulty trusting others and forming healthy relationships.



My Broken Pieces: Mending the Wounds From Sexual Abuse Through Faith, Family and Love by Rosie Rivera

★★★★☆ 4.7 out of 5

Language : English
File size : 11537 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 293 pages



Healing from sexual abuse is a journey, not a destination. It takes time, effort, and support. But it is possible to heal and move on with your life.

This book offers a path to healing through faith, family, and love. The author, a survivor of sexual abuse, shares her personal story and offers practical advice on how to:

- Cope with the emotional and physical effects of sexual abuse
- Build healthy relationships

- Find forgiveness and healing

This book is a valuable resource for survivors of sexual abuse, their families, and friends. It offers hope and guidance on the journey to healing.

What is sexual abuse?

Sexual abuse is any type of sexual activity that is forced or coerced. It can include:

- Rape
- Attempted rape
- Child molestation
- Incest
- Sexual harassment

Sexual abuse can happen to anyone, regardless of their age, gender, or sexual orientation. It can be perpetrated by a stranger, a friend, a family member, or a partner.

What are the effects of sexual abuse?

Sexual abuse can have a devastating impact on the victim's physical, emotional, and psychological health. The victim may experience:

- Physical injuries
- Emotional distress, such as anxiety, depression, and post-traumatic stress disorder (PTSD)
- Difficulty trusting others

- Problems forming healthy relationships
- Sexual dysfunction
- Substance abuse
- Suicidal thoughts

The effects of sexual abuse can last a lifetime. It is important for victims to get help to heal from the trauma.

How can I heal from sexual abuse?

Healing from sexual abuse is a journey, not a destination. It takes time, effort, and support. But it is possible to heal and move on with your life.

There are many different ways to heal from sexual abuse. Some of the most effective methods include:

- Therapy
- Support groups
- Self-help books
- Faith
- Family and friends

Finding the right treatment plan for you is important. It is also important to be patient and compassionate with yourself. Healing from sexual abuse takes time.

How can I help someone who has been sexually abused?

If someone you know has been sexually abused, it is important to offer your support. Here are some things you can do:

- Listen to them without judgment.
- Believe them.
- Help them find the resources they need.
- Be patient and compassionate.

Remember, healing from sexual abuse is a journey. It takes time, effort, and support. But it is possible to heal and move on with your life.

Resources

If you or someone you know has been sexually abused, there are many resources available to help. Here are a few:

- National Sexual Assault Hotline: 1-800-656-HOPE
- Childhelp USA: 1-800-422-4453
- The Rape, Abuse & Incest National Network (RAINN): 1-800-656-HOPE You can also get help online at RAINN's website:
<https://www.rainn.org>



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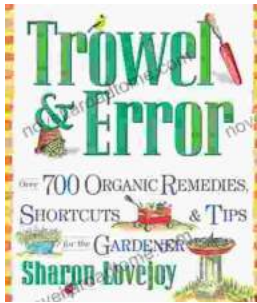
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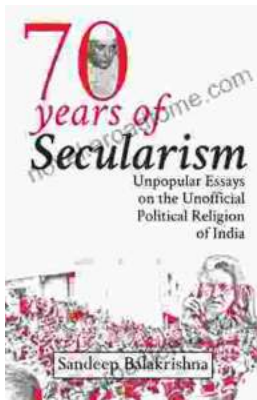
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