

INDIVIDUAL HEALING

Love should make you feel happy, confident, secure and safe. Love should never hurt. Love should not make you feel sad, angry, sick, afraid, guilty, or worthless. If this is how your relationship makes you feel, then you need to take a closer look at what you are experiencing. The first step to healing the harm caused by relationship violence starts with YOU.

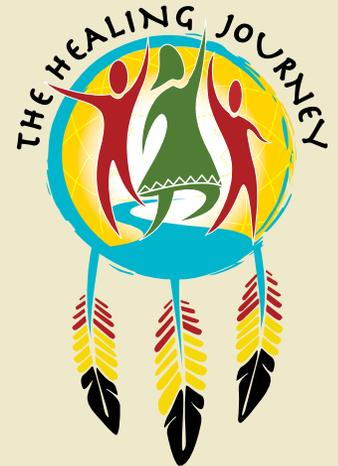
You do not have to take these steps alone. You should know that . . .

- ✱ **It's not your fault**

Often, victims of violence feel that they have done something to cause the abuse. However, it is never your fault if someone abuses you.

- ✱ **There are people who care**

Find your allies—you have family members, relatives, friends and service providers who can help you if you are experiencing abuse. Even if you feel alone, know that you are not—and that people are ready to help you.



✱ **All abusive behaviour is WRONG . . .
sometimes it is against the law**

Get the protection you need for you and your children. If necessary, call on the appropriate authorities and people for help.

✱ **It's okay to reach out for help**

Dealing with abuse is confusing and sometimes we feel ashamed when we are dealing with this type of situation. It is difficult and reaching out for help is the first step to changing your situation. It is not a sign of weakness to ask for help.



- ✱ **You can restore the harmony of mind, body, spirit and emotion when you take the healing journey**
Find the things and the people that will help you on your journey, e.g. learning about healthy relationships; people you can talk to; your church or traditional spirituality; a walk in the woods; doing the hobbies and things you love to do. Take time to nurture yourself.

YOU CAN SMILE AGAIN!