- Lile is bigger than just me now.
- I have some new friends who are not survivors.
- · When I do think about it, I don't think about the horrid details but how it changed my life - each day is so important now.
- The truth is, I never imagined I would be doing some of the things I'm doing now, the people I'm enjoying.
- · I enjoy having time for myself now...before I was too scared to be alone.
- When some things happen to remind me, I now just think how fortunate I am compared to the way I was...
- Change doesn't territy me now...actually it's exciting at
- Had all that stuff never happened, I would have never discovered how strong I am, but also how important it is to have other people in my life now.

- · I can control my feelings now.
- · I really am positive about my life.
- · Routines are really important to me now,
- · Now I don't hesitate to ask for help.
- · I have a lot more compassion for others.
- · I certainly appreciate life more.
- · I'm making more choices about my life than I ever did.
- · I don't ignore or shy away from problems...I go right after them until they are worked out.
- · I really try to be of help to others now.
- Sometimes I'm even surprised by my reaction to things happening ...stuff happens and I move on, and it wasn't always I ke that.
- I'm a lot more generous with my time.
- I no longer feel alone... I know others have had reactions like mine.
- Things are making a bit more sense to me now.
- . It still hurts and scares me every now and then, but I'm no longer overwhelmed.
- · I can face the difficult memories head on now.
- I am still surviving I don't need to apologize for my behavior.
- · I am able to manage the day-to-day problems much better.
- · I hope nothing else happens but, if it does, I think I'll get through that, too.
- There are some things I look forward to now.
- · Being with other survivors, I've learned I can help the new survivors coming to our group.
- Everyday isn't great, but more days are a lot better now.

- I wake up and feel better now.
- The hurt isn't all the time now...only when I think about ... but even that isn't too bad.
- I remember more of what people tell me now.
- It's easier to pay attention...I'm not as jumpy.
- · My lears don't scare me so much now.
- · I'm not so scared, period.
- · There are days .. but the tough times don't last as long now.
- I used to worry a lot more about bad stuff happening...I
- · I'm sleeping a bit more...I'm even laughing a bit more.
- I go out with friends again...a little bit more.

- · I can't stop thinking about...
- · Everything around me reminds me of...
- · I'm never going to feel safe again,
- · Why even bother? I can't change a thing.
- · It's all my fault...I should have... · I shouldn't have...If only I had...
- · It's never going to get better.
- · Why me?..Why now?...What next?
- · I close my eyes and see it all over again.
- · Everything makes me jump.
- · I can't think...I'm not remembering.
- · People talk to me, but I can't tisten.
- · I'm ready to punch anyone.
- · I think about it, see images, even when I don't want to.

- · I'm alraid to .
- · I worry about what next...Who next?
- · I have no energy
- · I'm jittery.
- · I see our friend and start crying all over again.
- · I went to talk about it and started stuttering.
- · Her face, all those horrid details, they won't go away.
- · I still hear those sounds.

OTLC

RESILIENCE

RELIEF