Contents

	Letter from the Authors	vi
Activity 1.	Knowing When to Get Help	1
Activity 2.	Where to Find Help	8
Activity 3.	Personal Safety Plan	12
Activity 4.	Circle of Support	18
Activity 5.	Why Me?	23
Activity 6.	Sharing Your Story	28
Activity 7.	Taking Care of Yourself	31
Activity 8.	Learning to Breathe	35
Activity 9.	Sleep	39
Activity 10.	Exercise	48
Activity 11.	Nutrition and Well-Being	52
Activity 12.	Emotional Well-Being	59
Activity 13.	Acceptance	66
Activity 14.	Self-Soothing Behaviors	71
Activity 15.	Healing through Writing	76
Activity 16.	Progressive Muscle Relaxation	80
Activity 17.	Engaging in Mindfulness	84
Activity 18.	Guided Imagery	89
Activity 19.	Life Scripts	94
Activity 20.	Choosing Healthy Coping Skills	99

Activity 21.	Coping with Nightmares	106
Activity 22.	Coping with Flashbacks	110
Activity 23.	Overcoming Emotional Detachment	115
Activity 24.	Noticing and Coping with Anger	120
Activity 25.	Constructive and Destructive Guilt	126
Activity 26.	Conquering Shame	131
Activity 27.	Identifying Depression	138
Activity 28.	PTSD	143
Activity 29.	Facing Your Fears	151
Activity 30.	Identifying Anxious Patterns	156
Activity 31.	Responding to Love and Joy	162
Activity 32.	Empowerment through Affirmations	168
Activity 33.	Respecting and Nurturing Yourself	173
Activity 34.	From Beginning to End—Telling Your Story	178
	Acknowledgments	181
	Additional Resources	183