

If nothing ever changed,
there would be no such
things as butterflies.



End Violence. Change Lives. Give Hope.

A SELF-HELP GUIDE





HOW TO USE THIS GUIDE:

Start by identifying the specific issue or challenge that you want to address. Each section in this guide addresses something different. Pick something that speaks to you and read through the section carefully. Take notes or highlight key points that resonate with you.

Consider trying out any exercises or techniques suggested in the guide, and pay attention to your thoughts and feelings as you do so. Give yourself time to reflect on that section.

Additionally, consider discussing these topics with friends or you can speak to an advocate to get additional perspective and support.

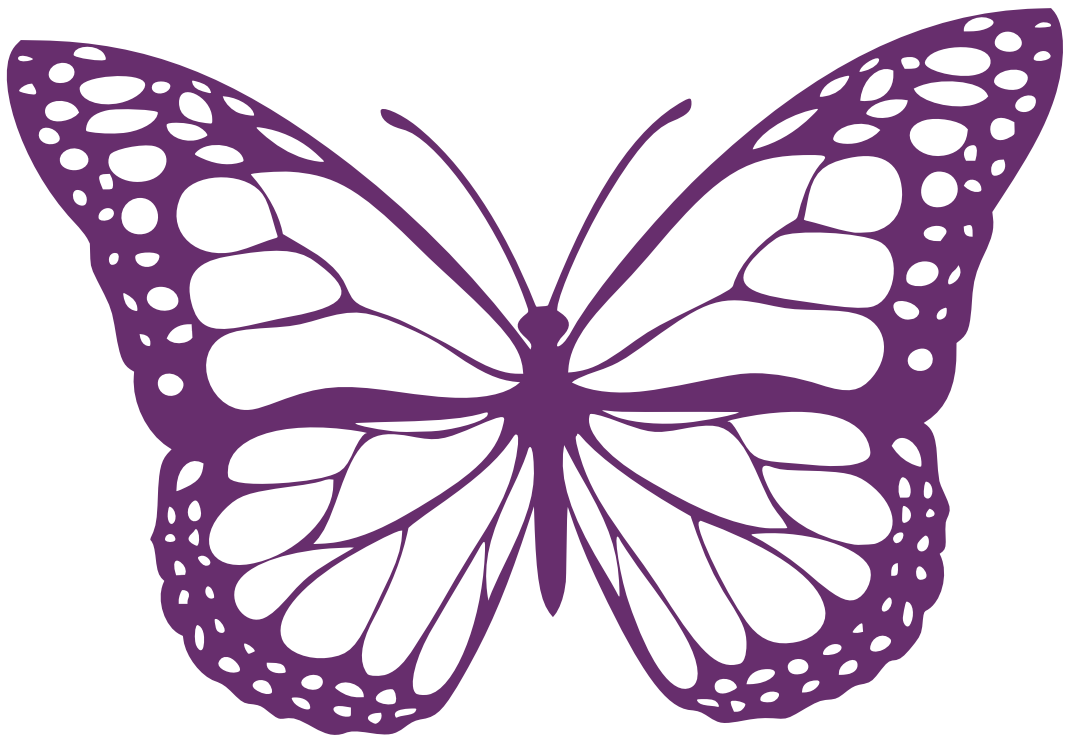
ABOUT WRAP

WRAP has been working since 1975 to assist survivors of sexual assault and domestic abuse through the provision of a wide array of free and confidential services. We support survivors throughout 19 counties in West Tennessee. Our mission is to help build safe, stable, nurturing families, one relationship at a time.

If you would like to talk about your relationship, or if you would like support to help you heal from past abuse, we are here to listen and to help. Call our hotline at 800-273-8712 and we can connect you with an advocate in your area.

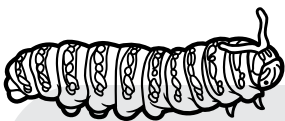
We delight in the beauty of
the butterfly, but rarely
admit the changes it has gone
through to achieve that beauty.

Maya Angelou

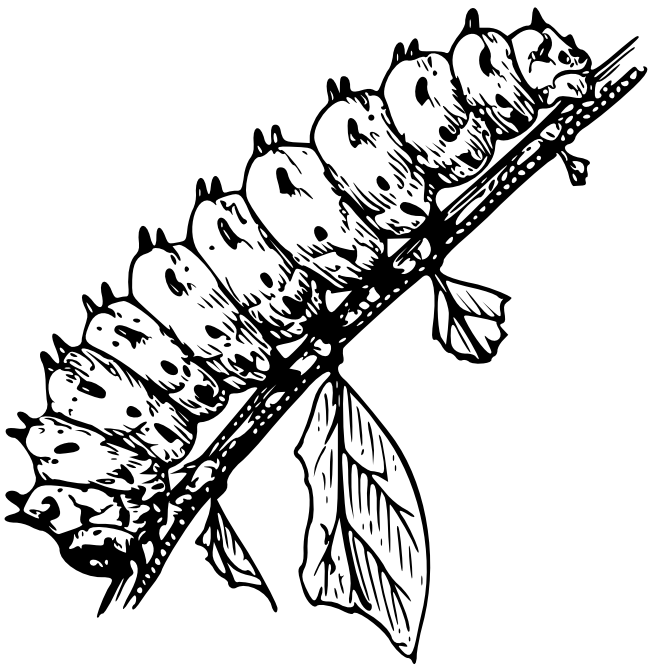


What Change Looks Like:

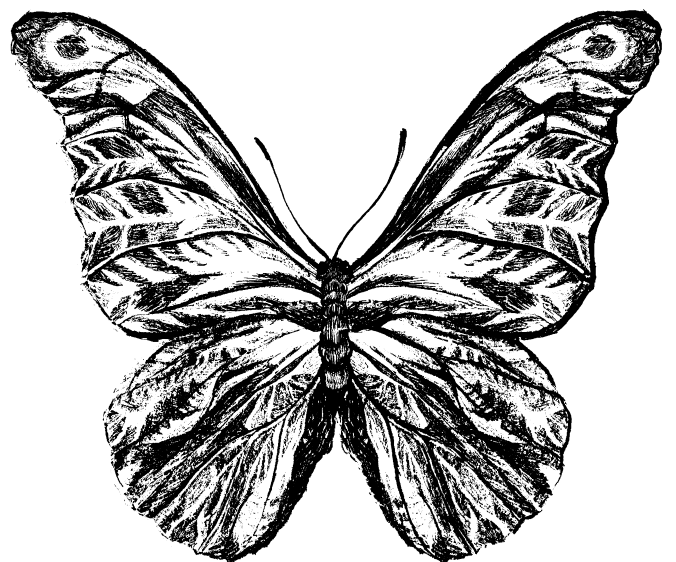
- Saying what you want and not being afraid to do it
- Telling people when you need help
- Telling people when they are being unfair to you
- Choosing what is healthy for you even if it's hard
- Telling people how they can help you
- Paying attention to your feelings without judging them
- Talking about your problems with people who will listen and not make fun of you
- Asking for what you want instead of thinking people will know automatically
- Notice when things are getting better, even if it's just a little bit.



You can't change the past, but you can start today and change your future!

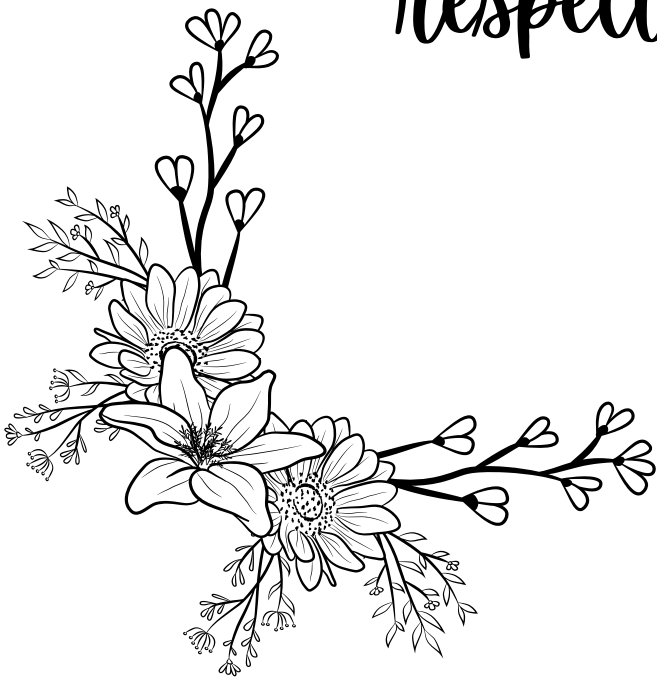


Just when the
caterpillar thought the
world was over, it
became a butterfly.





Never let a person make
you feel bad for choosing
to not tolerate their
disrespect anymore. There
is nothing wrong with
respecting yourself.





Shame

Shame is a feeling that you are wrong, bad, unimportant, or not good enough. Shame makes you feel like you are less than or broken. Guilt and shame are often confused, but guilt is a feeling that you did something wrong or bad. Shame is a much worse feeling because it is about who you are as a person.

Shame can hurt your self-esteem and make it hard for you to change and ask for help. When people judge us, we often stop talking about it and try to hide our feelings. But keeping secrets can make us feel disconnected and alone. To reduce shame, you have to be true to yourself and do things that are important to you.

The first step to changing and healing is to be aware of your feelings. Sometimes we try to forget things that make us feel ashamed. But it can help to know what triggers your shame so you can avoid or deal with those feelings.

"Shame needs three things to grow exponentially: secrecy, silence, and judgement. So if you want to starve shame, don't keep secrets, and talk about it with people who will listen without judging you." - Brené Brown.

A meditation to reduce shame and self-criticism



A meditation you can try to reduce shame and self-criticism is to focus on your breath. Sit in a comfortable position with your eyes closed and take a few deep breaths in and out.

As you breathe, imagine a warm and soothing light surrounding your body. With each exhale, visualize yourself letting go of any shame or self-criticism.

As you continue to breathe, remind yourself that you are worthy of love and compassion, and that you are not defined by your mistakes or shortcomings.

Repeat a positive affirmation to yourself, such as "I am worthy of love and compassion" or "I forgive myself for any past mistakes."

Continue to focus on your breath and the warm light surrounding you for as long as you like. When you're ready, slowly open your eyes and return to your day.

You are enough!

I Cannot Control

I will let go of these things:

Other
people's
thoughts

Other
people's
actions

I Can Control

I will focus on these things:

My thoughts

My actions

My behaviors

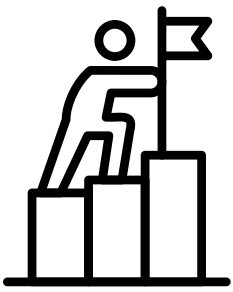
My feelings

My words

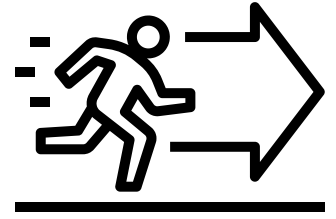
Other
people's
behaviors

Other
people's
feelings

Other
people's
words



Goals vs. Intentions



An intention is a way of thinking and acting that helps you be the kind of person you want to be. It's like a plan for how you want to act in your everyday life. It helps you think about what's important to you, and how you want to treat other people.

Intentions are different from goals because goals are about things you want to achieve, like paying off debt or losing weight. Sometimes it's good to have goals, but if you don't reach them, it can make you feel bad about yourself. Intentions are more about who you want to be, and how you want to act every day, no matter what happens.

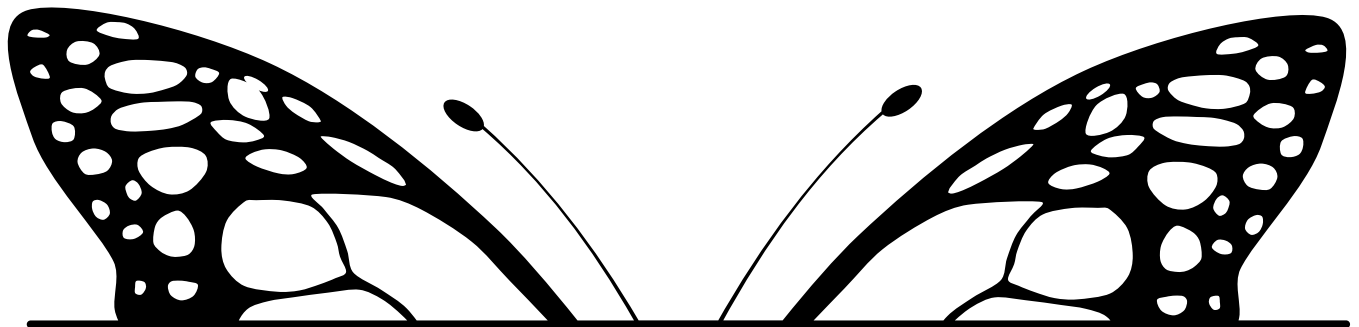
Having intentions can help you make good choices and be a kind and caring person. It can also help you stay focused on what's important and not get too caught up in winning or losing. So if you want to be the best person you can be, try setting some intentions for how you want to act every day.

How can you set intentions for your life?

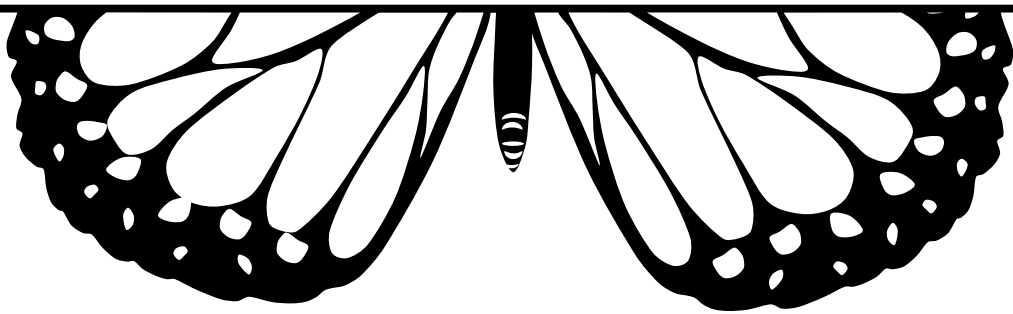
There are many different ways to set intentions in your life. Some common ways include:

1. Take some time to reflect on what's most important to you and what you want to focus on in your life. This could be things like being kind to others, helping others, or being a good listener.
2. Write down your intentions and keep them somewhere you can see them every day, like on a piece of paper on your desk or in a journal. This can help remind you of your intentions and keep you focused on them.
3. Share your intentions with others. This can help keep you accountable and provide support and encouragement from the people around you.
4. Practice mindfulness and try to be present in the moment. This can help you be more aware of your thoughts, actions, and choices, and make sure they align with your intentions.
5. Take small steps every day to move closer to your intentions. For example, if your intention is to be kinder to others, you might try smiling at someone, or offering to help someone with a task.

Overall, setting intentions is a personal process, and what works for one person may not work for another. The important thing is to find a way that works for you and helps you live your life in a way that is true to your values and goals.



Perhaps the butterfly is proof that you can go through a great deal of darkness, yet become something beautiful.



Did you know that a butterfly cannot see its own wings?



So they have no idea how beautiful they really are.



Maybe you're a butterfly.
You're a wonderful person.
You just don't see it.



An Affirmation for Self-Forgiveness

Forgiving myself is not an easy task
It's something I must do each day
To let go of the guilt and shame
And find a way to make things right

I must learn to be kind to myself
And not let my mistakes define me
For I am more than just a sum of my errors
I am a unique and valuable being

I will let go of the anger and regret
And embrace the love that lies within
Forgiving myself is a journey
But it is one worth taking

With each step I take, I grow stronger
And my spirit begins to heal
Forgiving myself is a choice
And I choose to be free.



How to Stop Being So Hard on Yourself:

Practice self-compassion. Treat yourself with the same kindness, care, and understanding that you would show to a friend who is struggling.

Remember that **everyone makes mistakes**, and it's okay to be imperfect. Instead of beating yourself up for your mistakes, try to learn from them and move on.

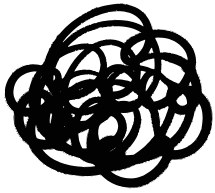
Set realistic goals and intentions for yourself. Don't put too much pressure on yourself to be perfect or to achieve impossible things.

Take breaks and give yourself time to relax and recharge. It's important to take care of your physical and emotional well-being.

Surround yourself with supportive people who can help you feel good about yourself and remind you of your strengths and accomplishments.

Are you being too hard on yourself? Remember, you have the power to change and grow! You can reinvent yourself and start fresh. Nothing is set in stone, and you have the freedom to make choices. You can choose to think new thoughts, learn new things, and develop new habits. The important thing is to make the decision to change and never look back.

Healing Can Feel...



Messy.



Hopeful.



5
steps
back.



Joyous.



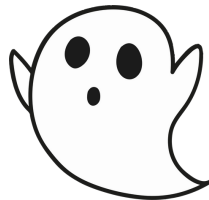
Confusing!



Sudden.



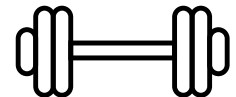
Stagnant



Scary.



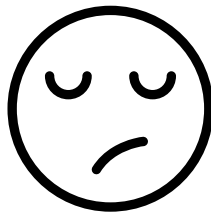
2
steps
forward.



Heavy.



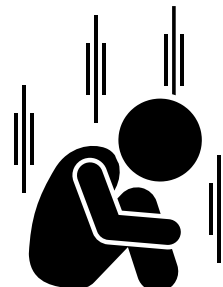
Fleeting.



Boring.



Exciting.



Lonely.



Overwhelming.

It's OK. It's a PROCESS!

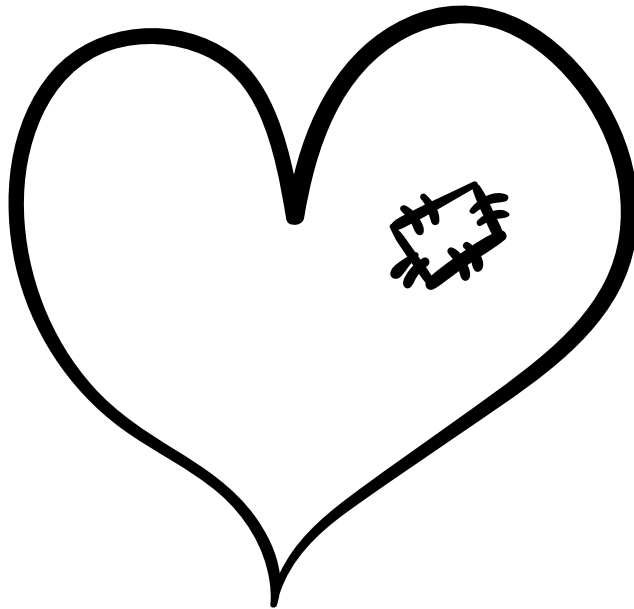
Signs You Are Healing

you have accepted
that you've gone
through something
difficult

you don't feel ashamed
of your trauma

you can set, enforce,
and communicate your
boundaries

you welcome
support



you can recognize
and cope with
your triggers

you are learning to
manage your
emotions

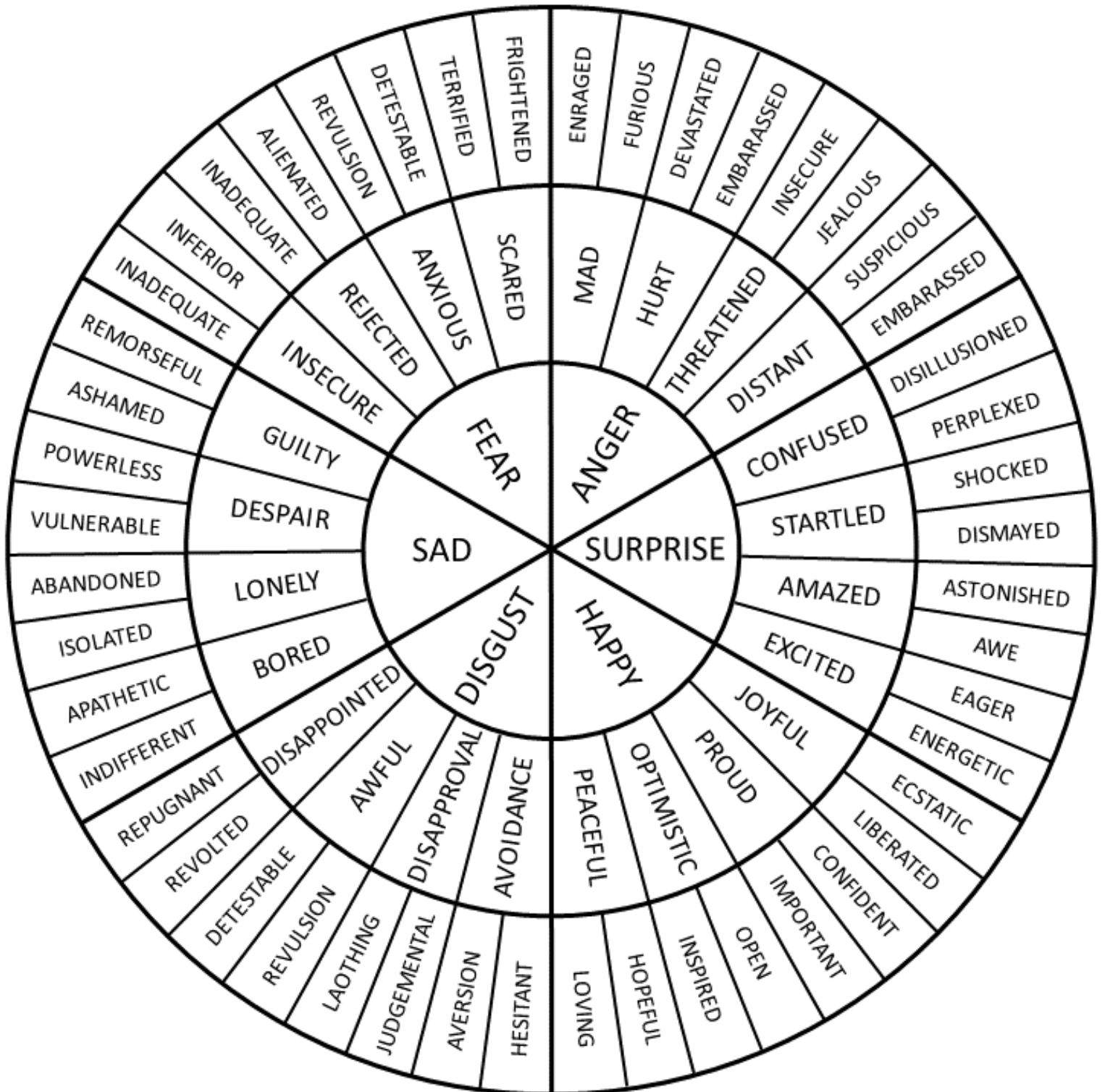
you feel safe in your
relationships

when something goes
wrong, you don't
automatically blame
yourself

you feel more in control of
yourself

you feel comfortable expressing your needs,
feelings & opinions

Exploring your feelings



The Feelings Wheel

A feelings wheel is a tool that can help you identify and name your emotions. It typically is a circle that at the center has “core” or basic emotions (emotions that are more easily identified or expressed) and more complex or “secondary” emotions on the outer edges. By looking at the wheel and considering the different emotions and feelings it includes, you can start to identify and name the emotions you are experiencing.

This can be helpful because naming your emotions can help you better understand and regulate them. It can also help you communicate your feelings to others in a clear and effective way. **Overall, using a feelings wheel can be a helpful way to gain a better understanding of your emotions and how they affect your thoughts, actions, and relationships.**

Look at the feelings wheel on the previous page. What emotions are you experiencing now? When you look at the secondary emotions, does anything stand out to you?

For example, if you're feeling sad, that sadness might actually be coming from feelings of loneliness. Why might you be feeling lonely? It could be because you're feeling isolated from others. So, what can you do to improve that situation? You might try spending more time with other people.

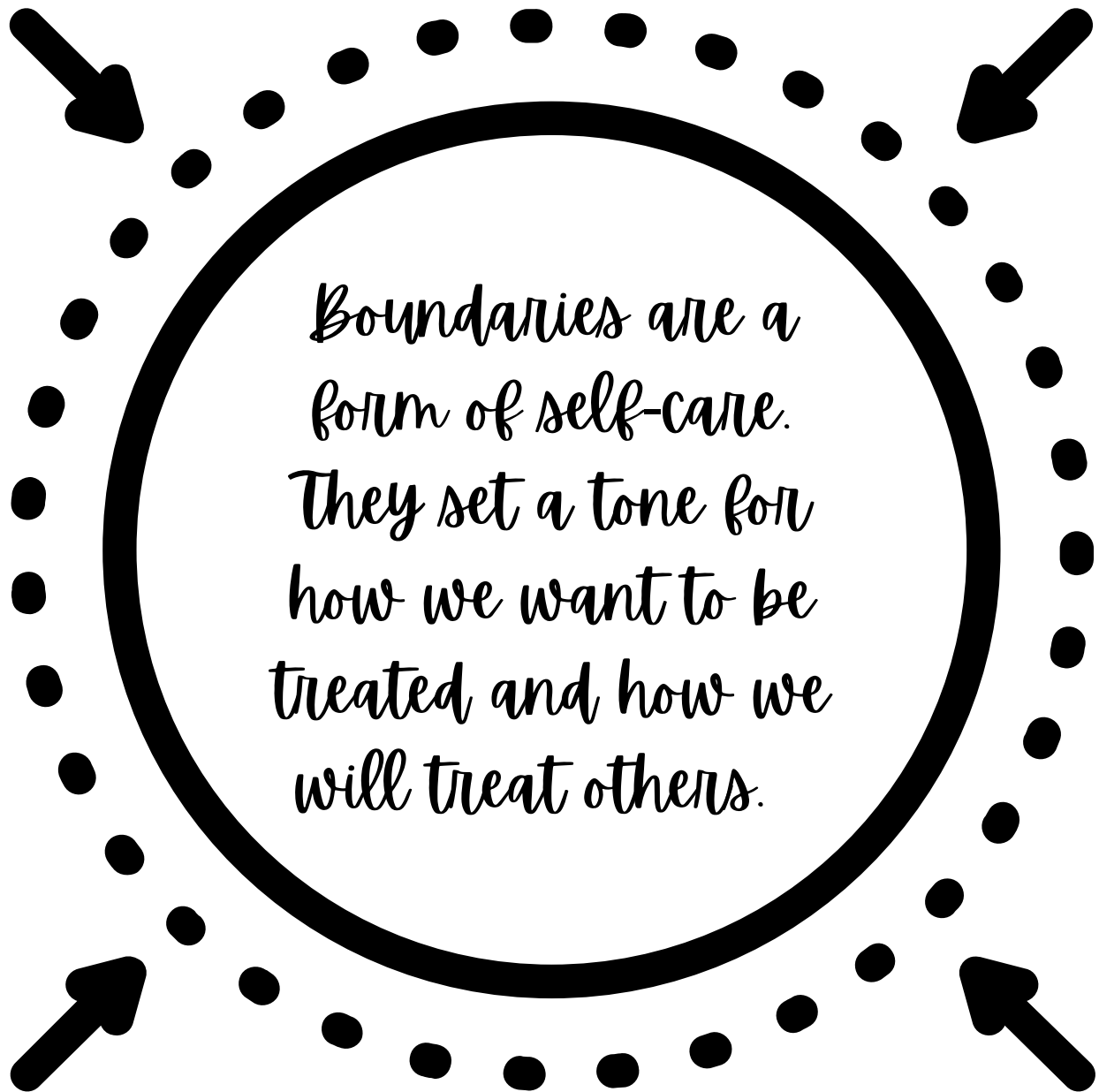
Feelings are neither good nor bad in and of themselves. They are simply emotions that we experience in response to different triggers. What makes a feeling "good" or "bad" is often a matter of perspective, and can vary depending on the individual and the situation. It's important to recognize that **all feelings are valid and natural**, and it's okay to experience a range of emotions. Instead of trying to label feelings as good or bad, it can be more helpful to focus on understanding and managing them in a healthy way.

Got Negative Thinking?



If you tend to think about negative things, you can change the way you talk to yourself. The words you use can affect how you see the world, and the problem is, you might believe your own negative thoughts. If you find yourself stuck in negative thinking, try asking yourself these questions:

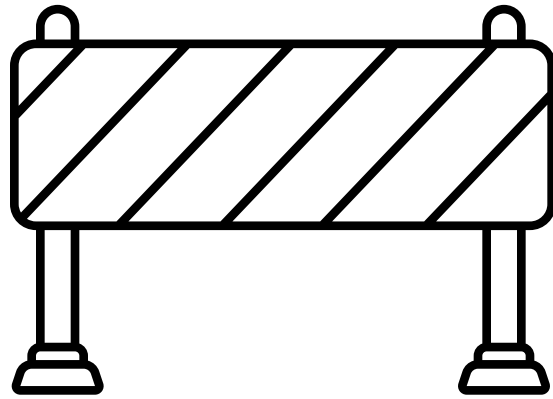
- Is this thought true?
- Is there evidence to support this thought?
- What is the worst that could happen?
- How can I reframe this thought in a more positive light?
- What is one thing I can do to move forward?
- Do I have a trusted friend whom I can check out these thoughts with?
- Am I blaming myself unnecessarily?
- Is it really in my control?
- Am I making assumptions?
- What would I say to a friend in this situation?
- Am I assuming the worst?
- Am I holding myself to an unreasonable or double standard?
- Are there exceptions to these absolutes (always, never)?
- Am I making this personal when it isn't?



Having boundaries in a relationship means setting clear limits and expectations for how you want to be treated and how you will treat others. This includes things like respect for each other's personal space and time, open communication, and being honest and upfront about your needs and boundaries.

Setting boundaries is an important part of maintaining healthy and happy relationships, as it helps to create a sense of trust and respect between you and the other person. It can also help prevent misunderstandings and conflicts, and can make you feel more in control of your own life and happiness.

Setting Boundaries



Here are some tips for setting healthy boundaries in a relationship:

1. Understand your own needs and boundaries. Take some time to reflect on what is important to you and what you are comfortable with in a relationship. This will help you communicate your boundaries clearly and assertively.
2. Communicate openly and honestly with your partner. Let them know what your boundaries are, and be open to hearing their boundaries as well. Remember to listen actively and show empathy and understanding.
3. Respect each other's boundaries. Once you have set your boundaries, it's important to respect them and not try to push them or cross them without consent. This means not trying to control or manipulate your partner, and not getting angry or upset if they assert their own boundaries.
4. Be flexible and willing to adjust your boundaries. Boundaries are not set in stone, and it's okay to revisit and adjust them as needed. Be open to having honest and respectful discussions with your partner about your boundaries and how they might change over time.
5. Seek support if needed. If you are struggling to set and maintain healthy boundaries in your relationship, consider seeking help from a therapist or counselor. They can provide guidance and support to help you navigate the process.

Your wings
already exist. All
you have to do is



fly!