

Women in Recovery from Physical/Sexual Abuse

Women there is recovery from past physical and/or sexual abuse.

One of the keys to success in recovery programs is the coming together of people with similar backgrounds also have common goals and objectives. Our common background is a history of abuse, and our goal is enter into or maintain recovery. Recovery for us is a twofold issue. We need healing from the traumas done to us at some time in our past; we also need healing from the influence these past experiences continue to have on our present lives.

For the newcomer, the program can be a place to recognize and identify core issues resulting from past abuse. The newcomer can receive validation, understanding, and knowledge of appropriate action to take by practicing the principles and steps among other Christian women.

For the "old-timers," those women with the same issues but who have already begun the road to recovery, this, recovery group can provide a place in which to continue their recovery process.

One of our objectives is to provide a supportive and safe environment. The leader alone cannot assure that it has to be a group effort. We respect and acknowledge each woman's right to be where she needs to be on her own road to recovery. We acknowledge the sensitivity we need to have for each member of this group. Therefore, we have a few reminders that are not meant to offend but to ensure the safety and anonymity of each woman present. "What you hear here, let it stay here."

As with any other Christ-centered recovery group, we believe that by our participation through active listening, sharing, and application of the steps and principles to our lives, the Holy Spirit will guide us to further understanding, healing, and wholeness.

We are not here to lecture, preach, fix, or provide therapy. We are here to tell our story. We come together to share in our weakness, for it is in our weakness that we gain strength. Ecclesiastes 4:9-12 says, "Two are better than one, because they have a good return for their work. If one falls down, his friend can help him up. But pity the man who falls and has no one to help him up! Also, if two lie down together, they will keep warm. But how can one keep warm alone? Though one may be overpowered, two can defend themselves. A cord of three strands is not quickly broken."

Accountability is another advantage in coming together as a group. We can look to others to honestly let us know how we are doing in our recovery. "Old-timers" or sponsors can help us see where we may be stuck or provide us with a safe "sounding board" so that we can hear ourselves.

Another advantage is the sharing of encouragement. The center of the word encouragement is courage. Sometimes we need others around us who have been there to give us courage to be where we are or to take action.

Developing a support system is integral to the program. We find we are not alone. Others share similar stories. Support can be expanded to include phone calls with other willing members of the group. Support could also include seeking out a sponsor for added encouragement.

An important advantage is the prayer support. We can join together in prayer against any of Satan's strongholds that may be keeping us from maturing as Christians or limiting our recovery.

When we come together we share spiritual gifts.

One last advantage is that together we multiply the witness of Christ. We are not an accident. God created us to reflect the grace and love of Jesus Christ as we move through our recoveries.