



Journal:

# Abuse

08

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# Abuse Journal

## Introduction (video: 3 minutes)

Notes:

Types:

Physical

Sexual

Emotional

Psychological

A therapist is needed for:

Getting past the Trauma

Loss

Anger

Shame

Building or re-building of "self"

Skills for dealing with the trauma/abuse  
(See it through)

# 1.) Abuse 1

(video: 13 minutes)

“Need” vs. “want” to be here

Complex process

Development of “Self”

Dealing with the trauma

Careful not to get scared away

You are a survivor!

Partnership:

Therapist

Healthy alternative

Practical considerations:

Is this the right time, place for doing this?

Overview

Building or rebuilding of “Self”

*Self-Esteem and Goal Setting* track

Addictions

Anger, loss, trauma

Abuse per se

*Spiritually inclusive segment:*

(Definitely optional!!!)

Practical matters:

Time

Cost

Computer / player

Partnership

*Discussion/Reflection:*

Overall structure of the program

Commitment

Practical matters

Safety presentation if needed

## 2.) Abuse 2 (video: 11 minutes)

Acute safety introduction - possibility of abusive situation currently

### Current Safety from Abuse

Notes:

Foundation in safety

Am I in the midst of abuse?

Is my life currently in danger?

**You deserve to be safe!**

Abuse definitions/descriptions:

Help:

Social service agencies

Shelters

Therapists

Hospital

Police

Others

Discussion/Reflection:

Plan for safety:

Partnership

Legal advice

Pictures

Beware the "Cycle of Abuse"

Packet of information, explanation

Bag packed

Cash

Telephone numbers

Resume/CV

*Discussion / Reflection:*

## MY WRITTEN PLAN FOR SAFETY

My Partner in the process will be:

I can get legal advice from:

I will get help from: (telephone numbers, people, etc)

Social service agencies:

Shelters:

Therapists:

Hospital:

Police:

Others:

Plan for my packet:

Pictures with descriptions

Instructions in the event of my disappearance/injury

Bag packed?

Cash

Resume/CV

### 3.) Abuse 3 (video: 7 minutes)

*Self-Esteem and Goal Setting* introduction

Building a Better Life:

- New to therapy
- Things not working
- Mood stabilization
- Hopelessness
- Helplessness
- Worthlessness
- Self-hate
- Guilt
- Shame
- Unhealthy decisions
- Lack of direction

#### 4.) Abuse 4 / Loss 1 (video: 13 minutes)

Loss introduction

Notes:

Everyone experiences loss

Blame can block grieving

#### Discussion/Reflection:

Is there anything I am blaming myself for when I look at my losses?

Why? (More in spiritually inclusive section)

Think about the following statement:

“Holding onto these things and punishing myself is only going to drain me of the energy I need to fix my situation right now.”

My reactions:

(Continue on blank sheets if needed)

Weaving the loss into who I am and how I will now live:

Discussion/Reflection:

Now, free of self-blame and shame, this is how I am going to weave these losses into who I am and how I am going to live the rest of my life:

## “Normal Grief”

Time will heal

Shock and denial

Pain in vulnerability itself

Life changes forever

“Presence” of the lost

Anniversary reactions

Holidays are difficult

“Grief attacks”

Hopelessness and wish to be reunited

Associations

### Discussion/Reflection:

Anger

### Discussion/Reflection:

Is there any anger associated with the loss?

## 5.) Loss 2 (video: 14 minutes)

### Pathological Grief

1. Guilt

2. Blame

3. Clustered losses -Too many losses at one time

Attention is drawn to the latest one

“Should” be over the previous one(s)

Each loss requires:

Getting past the blame

Weave loss into how you will now live

4. Missed “Goodbyes”

Imagery potential

Letters

5. Honorary or “Memorial” brokenness

Caution about visiting a grave too frequently

There is greater honor in living with a memory than in the death of your own future.

Discussion/Reflection:

Clustered losses

Missed "Goodbyes"

"Honorary" or "Memorial" brokenness

6. Anger at the time of loss

7. Dying "Promise" or "Contract"

8. Rebuilding without primary support

Discussion/Reflection:

Anger at the time of death

Dying "Contracts"

Loss of primary support

9. Loss without recognition

10. Other losses

Medications and drugs during loss

Discussion/Reflection:

Unrecognized or unsupported loss

Specialized losses

Medications and drugs

*Spiritually Inclusive segment:*

(First, let go of blame)

Meaning / purpose - Why?

Fair?

Anger?

Bargaining with God

Survivor guilt

Ultimate reasons for loss:

*Discussion/Reflection:*

## 6.) Abuse 5 / Anger 1 (video: 16 minutes)

Anger introduction

### Anger: Use it and Lose it!

Review:

(Best accomplished having done *Self-Esteem and Goal Setting*)

Anger gives us strength, power, motivation and energy

Helps us protect others and ourselves

Necessary part of our emotional life

Distortion of anger

Anger is wrong, inappropriate and should never be experienced  
(assertiveness problems)

Overactive anger

#### Discussion/Reflection:

Is anger a necessary and normal emotion?

Do I have anger problems?

Would the people closest to me think I have a problem?

Could I benefit from viewing the *Assertiveness* presentation?

## Excessive Anger Evidences:

- Violence
- “Stewing”
- “Road rage”
- Irritability and resentment
- Interpersonal problems
- Impeding love

## Purpose of anger:

- Motivation
- Energy
- Direction
- Assertiveness
- Power
- Opportunity

## Need for intentional release

## Causes

### 1. Biological

- Head injury
- Cognitive impairment
- Thyroid
- Chronic medical conditions
- Insomnia
- Medications
- Legal “drugs”-caffeine, alcohol, nicotine

## Discussion/Reflection:

Biological Factors?

2. Fear

Present and past

Threats

Insecurity

Danger

3. Frustration

4. Injury

Physical

Emotional

5. Humiliation

6. Loss

7. Mania

Discussion/Reflection:

Frustration

Injury

Humiliation

Loss

Mania

8. Psychotic symptoms

9. Illegal substances

10. Modeling (observing others)

11. Anger at ourselves

Discussion/Reflection:

Psychotic symptoms

Illegal substances

Modeling (observing others)

Anger at ourselves

## 7.) Anger 2 (video: 10 minutes)

Violation of Values

Intense and personal

“Special case”

Why would anyone else’s perspective be considered?

I have a “right” to be this angry

Letting go is not condoning

“Justice”

Someone needs to pay

They need to hurt as badly or worse than I do (almost impossible!!)

Discussion/Reflection:

Sources / causes of anger

Violation of our values:

1. Unique or special case
2. Unrealistic expectation of justice
3. Conflicts about letting it go

Letting go is not condoning

Personally destructive- "Anger is like drinking a cup of poison and waiting for your enemy to die."

Possible solutions:

Get more sleep

Deal with substance issues

Deal with trauma

Others:

Dealing with violation of values

Anger is based in our values. We have been “wronged” in some way so it makes sense that we are angry and that it will be difficult to let it go. It will destroy us if we hang on to it however so perhaps we can “store it” in a non-toxic form.

Preparation:

We are going to write about the experiences that have made us the angriest. It may be necessary to write about several events, situations, people, etc.  
Your “List” - (all people and situations, then and now) of all the things you are intensely angry about:

- 1.
- 2.
- 3.
- 4.
- 5.

(Continue as needed)

## **Exercise**

Describe any suspicion of a physical or medical reason for being angry.  
(For example, head injury, cognitive impairment, chronic medical conditions, insomnia/sleep problems, medications, caffeine, alcohol, nicotine, other drugs or addictions, seizures, hormonal or other reasons):

My main sources of anger:

The person (people) I would most like to hurt / kill is (are):

My plans for how I might hurt these people are:

The things I have found to be most effective for controlling my anger are:

Rate the following items using a 0 (none) to 10 (extreme) scale:

- \_\_\_\_\_ The severity of my anger problem
- \_\_\_\_\_ How often I have thoughts of harming others
- \_\_\_\_\_ My overall risk of harming others

The extent to which I:

- \_\_\_\_\_ Would like to be less angry
- \_\_\_\_\_ Feel like anger is in my control
- \_\_\_\_\_ Am experienced/trained in relaxation/calming activities (when angry)

The extent to which my anger is based in: (0-10)

- \_\_\_\_\_ Watching and learning it as I grew up
- \_\_\_\_\_ Comparison of myself to others
- \_\_\_\_\_ Unrealistic expectations of myself
- \_\_\_\_\_ Fear
- \_\_\_\_\_ Frustration
- \_\_\_\_\_ Hurt/Injury
- \_\_\_\_\_ Humiliation
- \_\_\_\_\_ Loss
- \_\_\_\_\_ Mania
- \_\_\_\_\_ Psychotic symptoms
- \_\_\_\_\_ Illegal substances (cocaine, opiates, marijuana, benzodiazepines, etc.)
- \_\_\_\_\_ Being addicted
- \_\_\_\_\_ Being angry with myself
- \_\_\_\_\_ Violation of my values (being "wronged")
- \_\_\_\_\_ Other people being critical or harsh
- \_\_\_\_\_ Other people demanding too much of me
- \_\_\_\_\_ Other people not respecting or supporting me
- \_\_\_\_\_ Other people letting me down/abandoning me
- \_\_\_\_\_ Bad things in the future
- \_\_\_\_\_ Time pressures
- \_\_\_\_\_ Trouble saying "no"
- \_\_\_\_\_ Money problems
- \_\_\_\_\_ Legal problems
- \_\_\_\_\_ Sexual problems
- \_\_\_\_\_ Immediate family relationships
- \_\_\_\_\_ Extended family/friends relationships
- \_\_\_\_\_ Job situations/relationships
- \_\_\_\_\_ Trauma or abuse

The extent to which:

- \_\_\_\_\_ I destroy things when I'm angry
- \_\_\_\_\_ I hit things when I'm angry
- \_\_\_\_\_ I hit people when I'm angry
- \_\_\_\_\_ I experience "road rage"
- \_\_\_\_\_ It would be "wrong" to let go of anger or be calm or at peace in the midst of the things that currently make me angry.

- \_\_\_\_\_ Anger could be the source of some of my physical problems
- \_\_\_\_\_ Anger could be why I haven't tolerated medicines very well
- \_\_\_\_\_ I literally pull my hair out with anger
- \_\_\_\_\_ I bite my nails with anger
- \_\_\_\_\_ I cry because of anger
- \_\_\_\_\_ I lose sleep because of anger
- \_\_\_\_\_ I drink or use drugs to deal with anger

## 8.) Anger 3

(video: 14 minutes)

### Step 1: (Keep it)

Capture exactly how angry you are in some potentially permanent form. Journaling is the most frequent way this is done. Write about each of the things you have listed. Hold nothing back. Use whatever language comes to you, color, use art, etc. Write exactly how angry you are so that, if you ever wanted to be this angry in the future, all you would have to do is read this over again and you could be. You might want to write this as a letter (that you don't intend to send) to the person or situation.

The first thing I am angry about is...

or

Dear \_\_\_\_\_, I am angry at you about \_\_\_\_\_ ... because \_\_\_\_\_...

(Some people alternatively like to scream into a tape recorder or express themselves in art, but do whatever technique you think will work best for you now.)

(Continued on blank sheets as needed)

Step 1: (Keep it) - continued

## Step 2 - Lessons learned

Anger is a useful (perhaps God-given) ability and is there to help protect our loved ones and ourselves and make the world a better place, so there are valuable “lessons learned” about our anger that are worth capturing about this experience.

My lessons learned from my anger are: (e.g. when I have a chance, I am going to help, donate, advocate for, etc. people that have suffered like me. I’m going to stop smoking, drinking, etc. since I have realized how dependent I was on those things. I’m going to spend more time with my family, etc.)

(Continued on blank sheets as needed)

### Discussion/Reflection/Application:

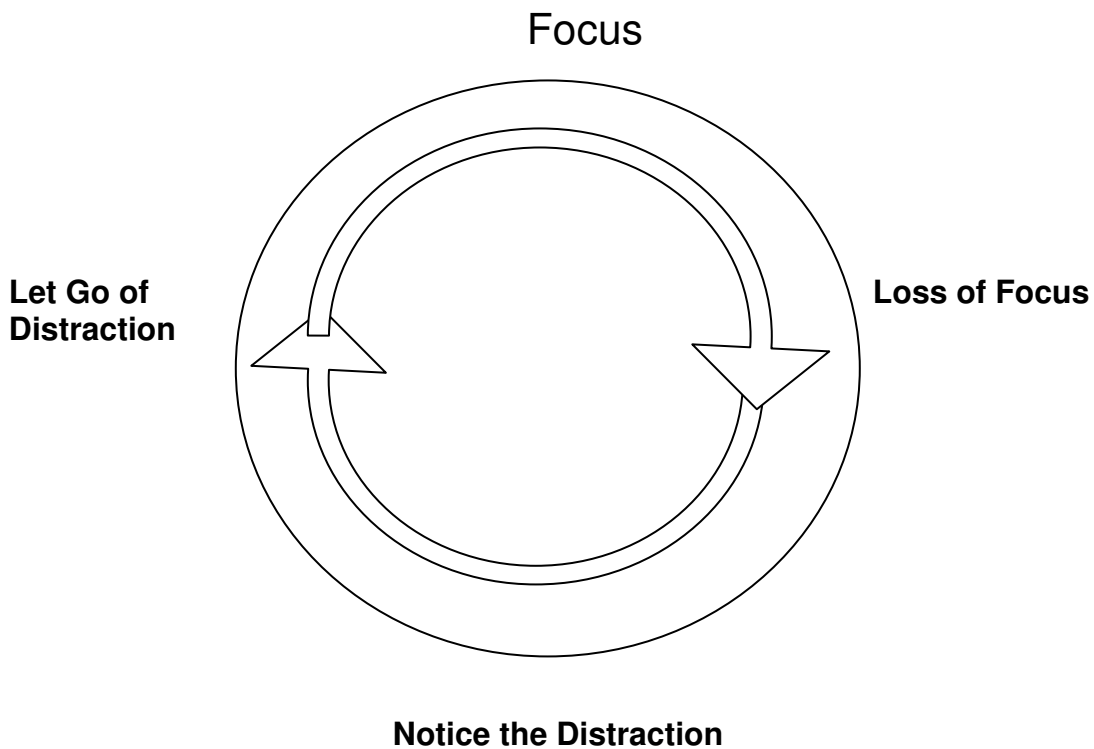
Keep it

Lessons learned

### Step 3-Letting go of the anger

The anger is going to destroy me if I don't let it go. (Plus, it is probably not affecting the person I'm angry at anyway.) So, now, that I have fully validated my feelings through step 1, (plus I could be angry in the future if I really wanted to) and having gotten from it what I need right now (step 2), I am going to let it go.

### Circle of Liberation (Terry Fralich, LCPC)



### Discussion/Reflection/Application:

Circle of Liberation

Other ways:

Writing “as if” your goal has been accomplished

Visualization

Artistic expression

Quotes

4<sup>th</sup> Step - (Optional) - Destroy what you created in the 1<sup>st</sup> step  
(Don't do it too soon)

Discussion/Reflection/Application:

I write this description of the process and how it feels to let go of my  
anger:

*Spiritually inclusive segment:*

Anger as a God-given emotion

Care not to devalue it

Could label as “toxic”

Forgiveness

Reconciliation and restitution

Let justice be delivered by God

*Discussion/Reflection/Application:*

## 9.) Abuse 6 (video: 15 minutes)

Trauma introduction

### Trauma

Victory found in mastery and desensitization

Don't run away (natural tendency)

Anger doesn't need to get desensitized and mastered; Trauma does

#### Discussion/Reflection/Application:

Do you believe that you probably need to deal with this trauma?

Mastery and desensitization of trauma

Various methods:

Journaling

Write every possible detail  
Include all sense data  
Be as detailed as possible

Master it – become desensitized to it

- Repetition
- Record and listen
- Mindful of various expected emotional responses
- Work on one at a time

Nightmares

Night time - write things down and attend to the next day

Group participation

- Power in telling others
- No more secrets

Avoid alcohol and benzodiazepines

Discussion/Reflection/Application:

Journaling about trauma(s)

Practice

At your own pace but keep going until it is done

There is no way around trauma. We must face the trauma and gain mastery over it. One of the most effective ways to do this is to write, in great detail, about traumatic events. Use descriptive and sense-based language to describe what happened to you, what you saw, smelled, tasted, heard, felt, etc. This is a difficult process and one that you might want to avoid. You have probably found out that avoiding it isn't helping and may not even be possible. It often comes out in dreams and flashbacks of the experience. We need to try something different. Ultimately, if you write it and review it enough, it becomes less shocking and you have power over it.

The trauma(s) I have had trouble getting over is (are):

Trauma description(s):

Trauma description(s) – (continue)

(Continue if needed)

Now, review what you have written frequently, start with reading it over every hour for the first few days. If you think of additional things that were traumatic about the event(s), add them to your narrative. As you get even “bored” with the events, they will not be as traumatic to you and you will increasingly realize how you have survived.

Keep track of how much better you are dealing with your trauma over time.

My description of how I feel about the trauma:

Day 1-

2-

3-

4-

5-

6-

7-

8-

9-

10-

(Continue as is helpful)

## 10.) Abuse 7 (video: 7 minutes)

Lack of validation

Violations

Power differential

Self-blame/guilt

### Discussion/Reflection:

Sense of blame

Power differential

“Fault”

Power differential - fantasy-based abuses

### Discussion/Reflection:

Blame

Power differential

“Fault”

Degrading experiences

Body violations

Physical

Sexual

Discussion/Reflection:

Body violations

Process loss, anger, trauma, or self-blame

Truth violation

Discussion/Reflection:

Trust / truth violations

Process loss, anger, trauma, or self-blame

Violation of love, trust, hope and spiritual values

Discussion/Reflection:

Love, trust, hope and spiritual values violations

Process loss, anger, trauma, or self-blame

## 11.) Abuse 8 / Assertiveness 1 (video: 17 minutes)

Assertiveness and boundaries introduction

### Assertiveness and Boundaries (In context of Self-Esteem and having dealt with Trauma/Abuse)

Assertiveness starts with the right to \_\_\_\_\_ and the right to \_\_\_\_\_.

#### Discussion/Reflection:

Can you accept your feelings?

Do you have the right to “be”?

The world is \_\_\_\_\_.

No one has your interests in mind like \_\_\_\_\_.

\_\_\_\_\_ are the sole owner of your time and physical space.

We need to be \_\_\_\_\_, \_\_\_\_\_, and \_\_\_\_\_.

Your space in the world - The pursuit of strength

Right and opportunity to use our strength

Potential for “war”

Our ultimate goal is for \_\_\_\_\_

Discussion/Reflection:

World is unsafe

You are the sole owner of your time and space

Use of strength

Potential for “war”

Ultimate goal is authentic connection in relationship

Process of change

Discussion/Reflection:

Have you done the needed “self-esteem” and/or trauma work to be here?

Contemplation

Motivations:

My potential Losses:

The \_\_\_\_\_ you is always more \_\_\_\_\_ and  
\_\_\_\_\_ than any false self.

Discussion/Reflection:

Motivations

Losses

Your desire

“I do have a problem and I am going to do something about it.”

## 12.) Assertiveness 2

(video: 16 minutes)

Preparation:

Partnership

Physical preparation

Psychological preparation

Assertiveness is:

H\_\_\_\_\_

A\_\_\_\_\_

R\_\_\_\_\_

D\_\_\_\_\_

Discussion/Reflection:

HARD

Passive – Dishonest - Inappropriate

Aggressive – Disrespectful - Inappropriate

Empathic Assertive Responses:

Confrontational Assertive Responses:

Discussion/Reflection:

Empathic

Confrontational

Broken record

Future protections

Most difficult situations

Speed

Discussion/Reflection:

Practice

Exercise

Boundaries:

Physical

Violations

Zones of comfort

Discussion/Reflection:

Do I struggle with physical boundaries?

Verbal boundaries?

Sexual boundaries?

“Walls” or being overly trusting?

Are they adaptable to the situation?

Comfort

Practice

Resolve

Personal change

Reactions to change

Discussion/Reflection:

## MY PLAN

The change(s) I will make are:

Why I am making these changes:

What other benefits to I hope to achieve with these changes?

Who will I turn to when I need help?

How will I know I am succeeding?

When do I want to start this change?

How will I learn from my mistakes?

Rewards?

Expectations?

“Going too far”

*Spiritually inclusive segment:*

Challenges in faith communities

1. Absolute \_\_\_\_\_
2. Absolute \_\_\_\_\_
3. Absolute \_\_\_\_\_ and \_\_\_\_\_

*Discussion/Reflection:*

## 13.) Abuse 9 (video:4 minutes)

Abuse in contrast with trauma

### Discussion/Reflection:

Loss of ideal of love

How did it stop?

### Discussion/Reflection:

Threat

Length of abuse

Now is the right time

Anger at the would be “protector”

### Discussion/Reflection:

Living with the memories

### Discussion/Reflection:

Conclusions

**Thank you!**