

the 5 strategies to **RECLAIM HOPE**

01

awareness

Awareness is realizing that the only time something can happen is now. Refocus your mind on the present.

02

acknowledgement

Acknowledgement is knowing that your abuse happened, it wasn't your fault, but it is within your power to heal, change, and realize where you are now and what you need to do to heal.

03

power through surrender

Power Through Surrender is learning how your trauma voice talks to you and learning to let it be.

04

mindfulness

Mindfulness is the ability to focus on empowering thoughts and feelings while choosing to co-exist with non-productive thoughts and feelings.

05

faith

Faith is planning for the future without anxiety and connecting with a power greater than yourself.