

Healing After Grooming: First Steps Toward Recovery

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Healing after grooming begins with understanding what happened and knowing it wasn't your fault. This guide offers first steps toward recovery and resources for ongoing support.

What Grooming Really Is

- Grooming manipulates trust and emotions before any physical abuse happens
- It creates confusion and misplaced shame for victims
- You are not to blame for the abuse you experienced

First Healing Actions

- Write or talk about what happened in a safe space
- Connect with trauma-informed therapists
- Use grounding tools like breathing exercises or sensory objects

Support Resources

- National Sexual Assault Hotline: 1-800-656-4673
- RAINN.org online chat support
- Local child advocacy centers for counseling and legal guidance