



A "LOVE" STORY SURVIVAL GUIDE



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JANUARY

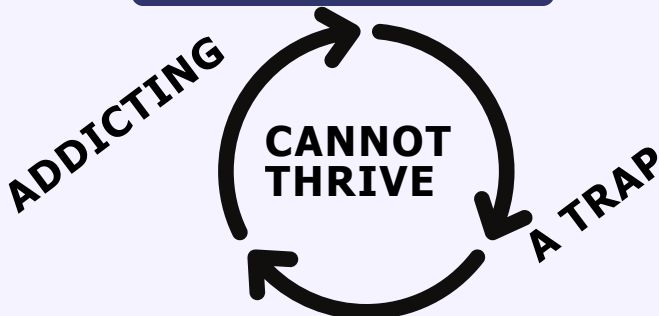
Stalking Awareness
Month



NEVER EXCUSE
A RED FLAG

- VICTIM MENTALITY
- CONTROLLING BEHAVIOR
- FREQUENT ANGER & OUTBURSTS
- CREATES CHAOS & CONFUSION
- STRAINED RELATIONSHIPS
- INCONSISTENT NARRATIVES
- HABITUAL DISHONESTY

CYCLE OF ABUSE



TRUST
Your
INSTINCTS



STALKING: PATTERN OF CONDUCT



- REPEATED UNWANTED CONTACT
- UNSOLICITED GIFTS
- USING ANOTHER PERSON TO CONTACT YOU
- SOCIAL MEDIA TRACKING
- PHYSICAL SURVEILLANCE

1 IN 3 WOMEN
AND
1 IN 6 MEN
WILL BE
STALKED IN THEIR
LIFETIME

STAND UP TO STALKING



- SET BOUNDARIES
- DOCUMENT & CONTACT AUTHORITIES
- PETITION THE COURT - PROTECTIVE ORDER
- SAFETY & SUPPORT

YOU DESERVE MORE THAN
ABUSE DISGUISED AS LOVE

76% OF INTIMATE PARTNER MURDER VICTIMS WERE STALKED PRIOR TO THEIR DEATH



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CONTACT NICOLE @ THEJOURNALBEE.COM



GET INVOLVED

[Stalking Prevention & Awareness Resource Center](#)

[One Love](#)

[Ohio Domestic Violence Network](#)

[Domestic Violence Project, Inc.](#)

[Women Helping Women](#)

DEVELOP YOUR INTUITION

MEDITATE

KEEP A DREAM JOURNAL

LISTEN FROM WITHIN

FOCUS ON YOUR PHYSICAL REACTION

BUILD YOUR CONFIDENCE



- EMBRACE POSITIVE AFFIRMATIONS
- MOVE YOUR BODY THROUGH EXERCISE
- EAT NOURISHING FOODS
- EXPLORE NEW PLACES
- EXPAND YOUR MIND BY READING
- VISUALIZE SUCCESS
- WRITE DOWN ACHIEVABLE GOALS
- LEARN AND GROW THROUGH NEW SKILLS
- ACCEPT FAILURE AS PART OF THE JOURNEY
- LEARN FROM MISTAKES
- KEEP TRYING (ALWAYS)

REPEAT:
I AM WORTHY OF THE LOVE I DESIRE

BELIEVE IN YOU



HEALTHY LOVE EXISTS



TRUST YOUR INSTINCTS AND NEVER EXCUSE A RED FLAG!



A "LOVE" STORY



RESOURCES FOR LEARNING AND HEALING

ONLINE ARTICLES

- Sandstone Care. (n.d.). Trauma bonding. Sandstone Care.
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- Abuse Refuge. (2021, November 22). Stand up to stalking. Medium.
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<https://www.choosingtherapy.com/manipulation-tactics/>
- Manner, C. (n.d.). Inside the mind of a stalker. One Love Foundation.
<https://www.joinonelove.org/learn/inside-the-mind-of-a-stalker/>

BOOKS

- Bancroft, L. (2003). Why does he do that? Inside the minds of angry and controlling men. Berkley Books.
- Brach, T. (2019). Radical compassion: Learning to love yourself and your world with the practice of RAIN. Viking.
- Brown, B. (2010). The gifts of imperfection: Let go of who you think you're supposed to be and embrace who you are. Hazelden Publishing.
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- De Becker, G. (1997). The gift of fear: Survival Signals that protect us from violence. Back Bay Books.
- Gladwell, M. (2020). Talking to strangers: What we should know about the people we don't know. Penguin Books
- Hay, L. (1984). You can heal your life. Hay House.
- Tolle, E. (2001). The power of now: A guide to spiritual enlightenment. Hodder Paperback.



A LOVE STORY

BE TRUE TO YOU

NICOLE BIALKO
ADVOCATE | SPEAKER

LISTEN WITHIN

When has your intuition signaled something, in warning or in possibility, before your mind caught up?

What did that feel like in your body?
Where did it show up?

How did you respond to that inner knowing in the moment?

RECONNECT TO YOUR CONFIDENCE

Think of a moment in your life when you felt confident or sure of yourself. What was happening?

What did confidence feel like in that moment, and what strengths were you using?

What is one way you can honor that confident version of you today?



"THERE IS A VOICE THAT DOESN'T USE WORDS. LISTEN." ~ RUMI

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BE TRUE TO YOU

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USE THE WORD BANK BELOW TO INSPIRE YOUR OWN AFFIRMATIONS

I AM

I TRUST

I CHOOSE

I HONOR

.....

.....

.....

.....

OR SIMPLY CIRCLE THE WORDS YOU WANT TO EMBODY

STRONG STEADY CAPABLE BRAVE GROUNDED RESILIENT POWERFUL CLEAR CERTAIN

WORTHY AWARE KNOWING GUIDED ALIGNED CONNECTED INTUITIVE WISE CENTERED

ATTUNED PRESENT OPEN SOFT RECEPTIVE HOPEFUL EXPANSIVE COMPASSIONATE

GENTLE WARM TRUSTING WELCOMING CONFIDENT SECURE ROOTED BALANCED CALM

INTENTIONAL AUTHENTIC EMPOWERED SAFE SUPPORTED EVOLVING LEARNING

BECOMING RISING UNFOLDING TRANSFORMING HEALING STRENGTHENING EXPANDING

BLOOMING



INSPIRE. EMPOWER. TRANSFORM.