



Trauma & Dissociation Bridge of Hope

Note About BoH:

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ISSN 2373-471X (Print)
ISSN 2373-3977 (Online)

Hope

The Merriam-Webster Dictionary defines Hope as “to cherish a desire with anticipation : to want something to happen or be true.” There is hope after trauma, even when it feels like there is no hope.

Hope provides an inner warmth when you are in the cold.

Hope provides a smile.

Hope gives you a spring in your step.

Hope takes you into a blissful state, when you feel the

four walls closing in.

Hope is a healthy drug, provided by our creator that provides relief from physical, mental, and spiritual pain.

Hope is a comforter.

Hold on to hope even though you are weary. You can and will get through this time. There is a light in the tunnel, even if you are too far in right now to see it.

Hold on for Hope. You are worth it!



Hope

I was drowning,
Lost inside my head.
Nothing from me but frowning,
Wanting death instead.

She told me to hold on,
That Jesus is the answer.
I'm a part she says, of His fold,
But what's inside it grows like cancer.

I know she's right,
That Jesus really loves me.
But I don't feel though I try with all
my might.
It's hard. I should just let it be.

If it changes, it will be a sight.

Slowly though, I start to believe, Maybe there is a way to cope.
Dropping it all, death may leave,
Because in Christ lies my hope.

Submitted by:
Samantha

Finding Peace

I look inside to find a place of comfort. All seems very chaotic to me. Emotions are rampant—fear, shame, anxiety, so much more churning around. It's quite disconcerting to look inside and find no quiet space to just breathe.

So I look outside. People are going here and there. It seems that no one is slowing down or stopping. I don't find any peace or space to breathe there either.

One day, I picked up a book and went out behind a building with

nothing but open fields to be seen. I stopped and took a deep breath. Finally I found a place that was quiet and still. Finally, I was able to focus on the story I was reading, and the chaos in my mind began to stop churning, drowning with each sentence I read.

It finally was found—the peace I was craving and longing for. It was a good day.

Submitted by:
Allison

*"It was finally
found—the peace
I was craving
and longing for."*

Love

Cherish
Loving Another
Seeing Hope
Reaching Up

Searching
Knowing There Is More
Finding Reasons to Move Forward
Arriving At a Good Reason

Sharing So Much
Knowing Inside There is Much Good
Utilizing Strength From Within
Looking For The Way Up

Love
Hope
Compassion
Life

Affirmations For Recovery

I can & will get through
I'm not alone
I don't feel like I can but I can
I have hope in Christ
I am worthwhile just as I am
Right now I can breathe if nothing else
I can do this
I deserve support
I deserve hope
It wasn't my fault
Counseling doesn't feel good now, but I'll feel better later
I have the right to change my mind
I have the right to say "no"
I have the right to say "not now"
I have the right to say "yes"
It won't be easy but it's worth it
I can take this one (hour, day, week) at a time
There are good people in this world
There is hope
He heals the brokenhearted and binds up their wounds. Psalm 147:3

*I have the right
to say "no"*

Being Adopted

I was really scared. My parents were really mean to me and did bad things. All I really wanted was a mom. I wanted to feel safe and to get a hug and to not be hurt. I wanted to be loved. But I didn't want a mom who would hurt me.

This lady I knew wanted to adopt my little sister. That hurt me so bad because we were going to be apart and we had never been apart before. We loved each other and held on to each other. But it hurt a lot because she was getting a mom and I wasn't. She didn't really know how important having a mom was, because I had always been her mom. Yes, I was jealous and scared. What if she hurt my sister? What if my sister stopped loving me?

I told someone who I thought might tell me what to do to get her to be my mom too, not just my sister's mom. She probably wouldn't want me anyway because I was too old. My sister was cute and little. The lady who wanted to adopt my sister found out that I wanted a mom too. I didn't know she already loved me and wanted to be my mom too. I was so excited and so scared! I had so many questions. I sent all my questions

to that person who I thought might help me before. She gave all my questions and worries to the lady who was wanting to be my mom. The lady answered all of my questions. I really thought she would be angry with me for all the questions. She was very nice to me. She even said we could try it out and if I didn't want her to be my mom she'd understand. I never expected that. I got excited then. I was finally going to have a mom!

Having a mom means so much to me. When I got hurt she held me and talked to me softly. I hurt so bad that it hurt to sit up. So I just laid there with my head on her lap. She stroked my hair and shoulder and told me I was going to be okay. I'd never experienced that before. She really loved me and she loved my little sister.

At first I held on tight because I thought she would leave me. I didn't want her to leave me for a minute. I never wanted to be hurt again and being with her felt safe. Like she would protect me no matter what.

I love having a mom. I love my mom. She's the best. I still can't believe she chose me too, not just my little sister! She loves me!

“Having a mom means so much to me. When I got hurt she held me and talked to me softly.”

Submitted by:
Erin

Hope?

Recipe for disaster
I'm all alone
Don't know where to turn
Looking all around
Who really cares for me
I don't see a soul
I just sit here
While others walk right by

They say that God loves me
But I don't see the signs
I guess it's not for me
Not knowing how to find
What they have over there
And they aren't telling how
Maybe there really is no God
It's just a story told

One day he approached me
This awfully lonely man
He told me there was something
That I needed to hear
He said I'm not alone
And he would be right there
Call him if I need him
There is nothing here to fear

So I called him later
My heart so full of fear
He answered rather quickly
And said he's glad I called
I didn't believe he would remember me
I'm just a lonely man

Yet here he seems to care
More than I can believe
Maybe there is hope for me
I'm not so all alone
He did what he said he'd do
And was there just when I called
I guess you call this blessing
I never would have believed

If only someone saw me now
They'd be surprised at who I've become
No longer a lonely wanderer
But called a friend to be
That hope that I had longed for
I found in him that day
If you are needing a friend
I hope he'll come your way

Hope

"To catch the reader's attention, place an interesting sentence or quote from the story here."

Submitted by:
Anonymous



Support Groups

Hope Recovery is offering two support groups currently, and a third will be starting soon. Participants must be 18 years of age when starting the group.

Adult Female Survivor of Sexual Trauma. This group is for women who were sexual abused as children or raped as a young adult. This support group meets online the 1st & 3rd Monday each month from 7:00 pm to 8:30 pm Eastern (New York time). This group requires a download of the Zoom program (a free download) and requires a microphone with a quiet space to participate. Group members must be female and have experienced childhood sexual abuse or sexual assault as an adult. Graphic descriptions of the trauma are not shared in this group, and is limited to what kind of experience without details. The focus of group is to talk about the struggles and successes of working through Sexual Trauma and finding support that other women have been there too.

Binge Eating and Trauma (BET). This support group meets the 2nd, 4th (& 5th when applicable) Monday each month from 7:30 pm to 9:00 pm Eastern (New York time) online. This group requires a download of the Zoom program and requires a microphone with a quiet space to participate. Group members must be a survivor of an abusive trauma and have a binge eating disorder who is seeking recovery from both.

This group is currently being put together and will be accepting registrations in August 2018. This group is for those who have survived trauma and have an addiction to substances. This will be an online group and more details will be announced on the website at www.hope4christianrecovery.org and on our Facebook page at www.facebook.com/HopeRecoveryInc.

Registration is on our website on the home page. Register soon. . If you have questions, please write to: recovery@hope4christianrecovery.org or call (765) 505-8908.

*You are NOT
alone. Support is
available for
those who have
experienced
trauma.*

A Tasty Recipe: Double Banana Nut Bread

1 1/3 cups vegetable oil
 2 cups white sugar
 4 eggs, whisked
 5 cups mashed bananas
 4 cups all-purpose flour
 2 tablespoons baking powder
 1 teaspoon salt
 2 cups chopped walnuts

Directions:

1. Preheat oven to 350 degrees F (175 degrees C). Grease and flour two 9x5 inch loaf pans
2. Beat vegetable oil and sugar together in a bowl until creamy and smooth; stir in eggs.
3. Mash bananas in a separate bowl, mix into oil mixture until just incorporated.
4. Sift flour, baking powder, and salt together in a third bowl; slowly mix into wet mixture using an electric mixer on low until just incorporated. Fold in walnuts. Pour into prepared loaf pans.
5. Bake in the pre-heated oven until a knife inserted in the center of the loaves comes out clean. This will be approximately 1 hour and 15 minutes, depending upon your oven.

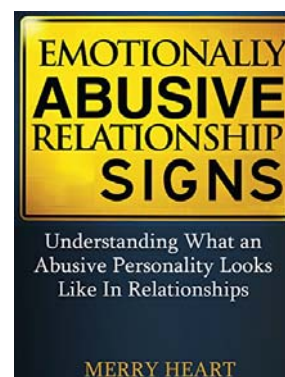
*Do you love
 Banana Nut
 Bread? If so,
 you'll want to try
 Double Banana
 Nut Bread.
 Incredibly moist
 and great flavor!*

Book Review: Emotionally Abusive Relationship Signs

This book was written to help individuals understand what an abusive personality looks like in a relationship. It defines what emotional abuse is, and what abusive characteristics look like in an abuser. It goes on to look at the characteristic of an abusive relationship. It provides good examples of what these look like. It goes on to look at the effects of emotional abuse.

This is a short read, being 27 pages in length.

Author: Merry Heart
 Available on Kindle or Audio.





Just for Fun

H I S R E S T R A R T D A R Y O J R E E
 A E W E P E R P A A O E S N G O A L N X
 T H A E A E R T I L T S L O V L E C L C
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 N P S U P E R E H T R U F R C A L I F P
 A X C U L T I V A T E D E S S E L B R O
 R E V I T A L I Z E G I Y F I T R O F H

Terms of Recovery

Aim	Further	Rally
Ambition	Goal	Revitalize
Aspiration	Heartened	Stimulate
Blessed	Hope	Strengthen
Cheer	Influence	Sway
Cultivate	Inspire	Uplifting
Desire	Invigorate	Urge
Dream	Joy	Wish
Encouragement	Motivate	
Excitement	Nurture	
Expectancy	Passionate	
Fortify	Peace	
Freedom	Plan	

Healing

This moment
 I'm sure it's all I have
 Not sure I'm here tomorrow
 I don't know His plan.

The healing was quite slow
 He cares, he says he does
 God truly made me whole.

Submitted by:
 Kristen

Reaching the summit
 I hope there will be salve
 To heal up all my sorrow
 It was close, I almost ran.

I look over the top
 And saw the sight below
 How beautiful the view was
 To soothe my hungry soul

Feeling inside like I could pop

Fighting Back From the Edge

Many survivors of trauma struggle with depression. Many of those with depression have thought about or attempted suicide. Both the depression and the suicidal thoughts can create feelings of shame. "I should be stronger than this." "If I tell someone, they'll think I'm crazy." "If I admit I am thinking about dying, they'll lock me up in some place and I'll lose my job."

The thing about depression is that it happens to normal people every day. The trauma we've been through may impact our depression, or the depression impacts our coping with the trauma. It's hard to sort it out. No matter if one or the other is, it is very difficult. There is hope for recovery by moving forward through the challenges that both trauma and depression bring.

How do I fight back then? Let's start by acknowledging that the depression is impacting our lives in a

negative way.

Let's try to figure out what ways the depression is impacting our lives. Finding a counseling professional who we can feel comfortable talking to who understand how to work with both trauma and depression. A counseling professional could be a licensed mental health counseling, licensed professional counselor, a licensed clinical social worker, a licensed psychologist, or a licensed psychiatrist who offers counseling and medication management. We might consider getting a psychiatric evaluation by a psychiatrist to see if medication management might benefit us either short term or long term. None of these choices mean we are crazy.

Above all, please don't hide the pain. Get support and allow someone or several others to help you get through this.

There is hope for recovery by moving forward through the challenges that both trauma and depression bring.

MISSION

The mission of Hope Recovery is to provide Christian-based supportive compassion in the lives of trauma survivors by assisting them in recovery, providing support, resources, committed volunteers, and standards of excellence.

VISION

Hope Recovery aspires to provide excellence in service and support while assisting trauma survivors in achieving their recovery goals.

Hope Recovery Inc.

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Online Christian Support message boards are available at www.christianforums.com

Online Secular Support message boards are available at www.7cups.com/1259571

If you're feeling **suicidal**, please contact 800-SUICIDE or if outside the US, go to www.befrienders.org

If you are being **abused**, experiencing incest or rape, please contact RAINN at 800-656-HOPE. RAINN provides links to international agencies.

If you are in a **violent relationship**, call 800-799-SAFE. For international contacts, go to www.hotpeachpages.net/a/index.html

We're on the Web

www.hope4christianrecovery.org

Subscribing to Bridge of Hope

Fees:

Free to Survivors.

\$4 donations from supporters and professionals is requested to cover the costs of the website..

Donations may be sent to our PO Box, or online via PayPal.

**You Are
Not Alone!**



When all seems like a struggle, there is hope.