

Where to Start: A Guide for Survivors

By Ashantè Fray



Hi, Ashantè Fray.

You picked this up for a reason.

Maybe you're not sure what that reason is yet, and that's okay.

My name is Ashantè Fray. I'm a survivor of childhood sexual abuse. At 19, I made the most terrifying and eventually freeing decision of my life: **I said it out loud.**

That moment didn't fix everything. It started something. Years later, I founded Synchronized Souls Inc. A space for survivors figuring out what comes after. I've sat with hundreds of people at the beginning of this, at the hardest parts, and in the moments it finally started to feel different.

This guide is what I wish I'd had at the start. It won't tell you how to heal. It'll just stay with you while you figure out your own way into it.

You're already in the right place.

With love,
Ashantè Fray
Founder of Synchronized Souls Inc.



SYNCHRONIZED SOULS INC.

TRIGGER WARNING AND SAFE SPACE CREATION

This guide goes into triggering topics: childhood sexual abuse, fear, and the kind of pain that doesn't always have a clean name.

If something in here brings up more than you're ready for right now, stop. Put it down. Come back when you're ready, or take a break for as long as you need. There's no timeline here.

Before you go any further: take a breath. Feel your feet on the floor. Find a place — in your body or your mind — that feels like safety. A memory, a sensation, a word. That's your anchor. Come back to it whenever this guide asks something hard of you.

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INTRODUCTION

When I was 19, I was sitting in a hallway at Trent University when I saw a poster on the wall: Are you being abused?

I read it and thought — oh. That's me.

From the time I was 11 until I was 19, I was abused by several family members. I had carried it so deep, for so long, that I hadn't even given it a name. That poster gave it one.

What came after was terrifying — and eventually, freeing. Therapy. Learning what a boundary was, a concept so foreign it sounded almost made up. Slowly finding parts of myself I hadn't been allowed to know: that I loved horror films. That I could be blunt. That I needed to write things down.

Then came spirituality. Tarot. Energy work. Somatic practice. A whole language for what my body had been trying to say for years.

That path led me here. To this work. To you.



The First Steps: Embracing the Unknown

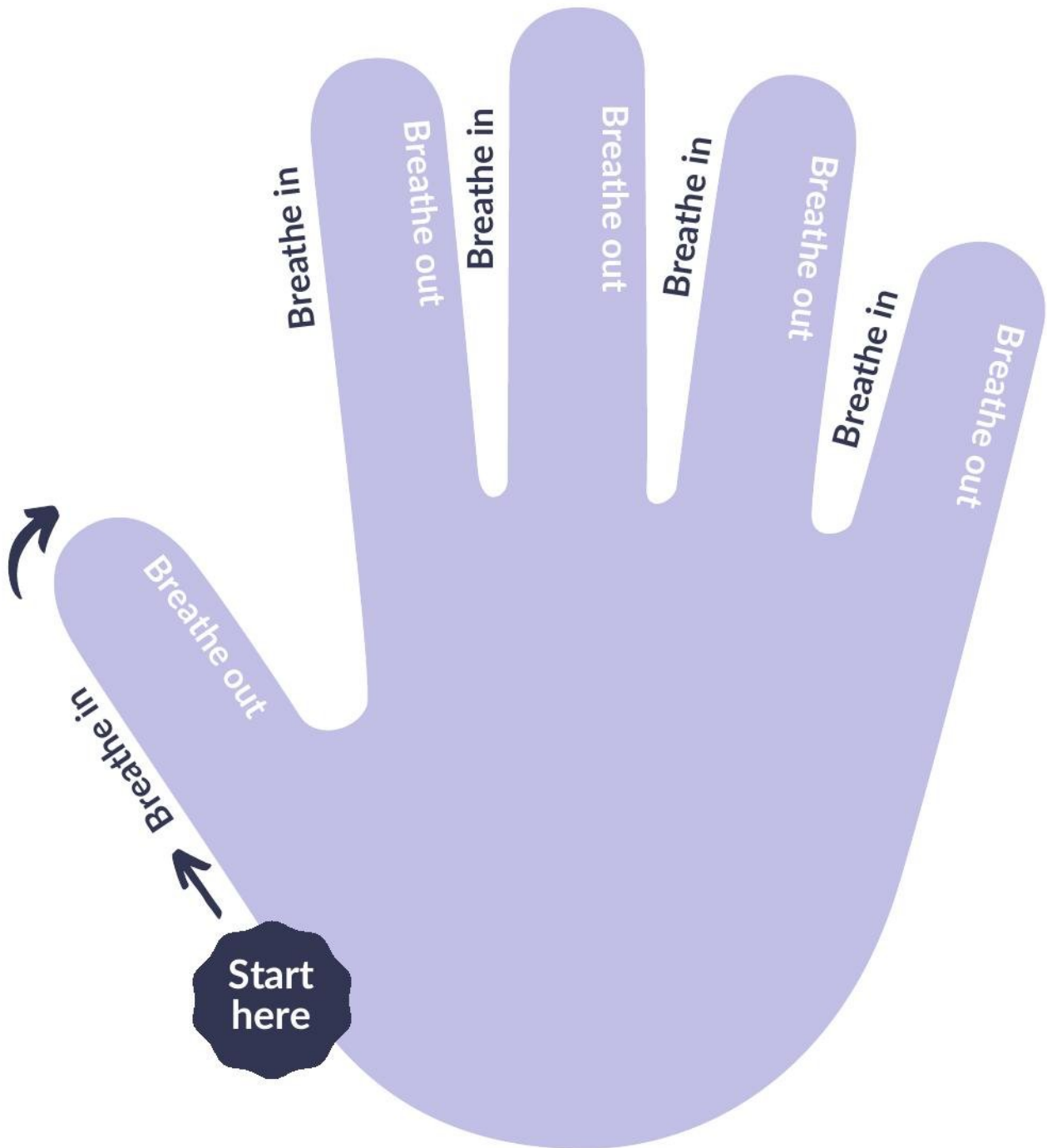
Nobody tells you what the first step actually feels like. It's not dramatic. It's not a breakthrough. Most of the time, it looks like sitting with something you've been avoiding for years, and finally letting it be real. That's it. That's the step.

The beginning of a healing journey isn't usually marked by certainty. It's marked by a decision to stop pretending you're fine when you're not. To stop managing everyone else's comfort around your pain. To turn toward yourself, maybe for the first time in a long time.

You don't need to have it figured out. You don't need a plan, a therapist or the right words. You simply need to start where you are, which is exactly where you already are.

These pages are here to walk alongside you as you begin to understand what actually happened, and what it means to start moving through it – at your own pace, in your own way.

CALM YOURSELF WITH A
5 FINGER BREATHING
BRAIN BREAK



Slowly trace the outside of the hand with the index finger, breathing in when you trace up a finger and breathing out when you trace down. You can also do this breathing exercise using your own hand.

TRAUMA-INFORMED
AFFIRMATION

**YOUR PAST
DOES *not*
DEFINE YOU.
YOU ARE
RECLAIMING
YOUR *power.***

TRAUMA-INFORMED
AFFIRMATION

Breaking the Silence: A Moment of Transformation

Trauma lives in the silence around it. In the things you never said out loud. In the way you learned to absorb, contain and manage — because no one made space for you to say: this happened to me, and it hurt.

Breaking that silence doesn't always mean telling someone. Sometimes it means finally saying it to yourself. Letting yourself acknowledge, fully and without softening, what you went through. That moment, when you stop minimizing and let the truth take up its full space. That's one of the most powerful things you can do.

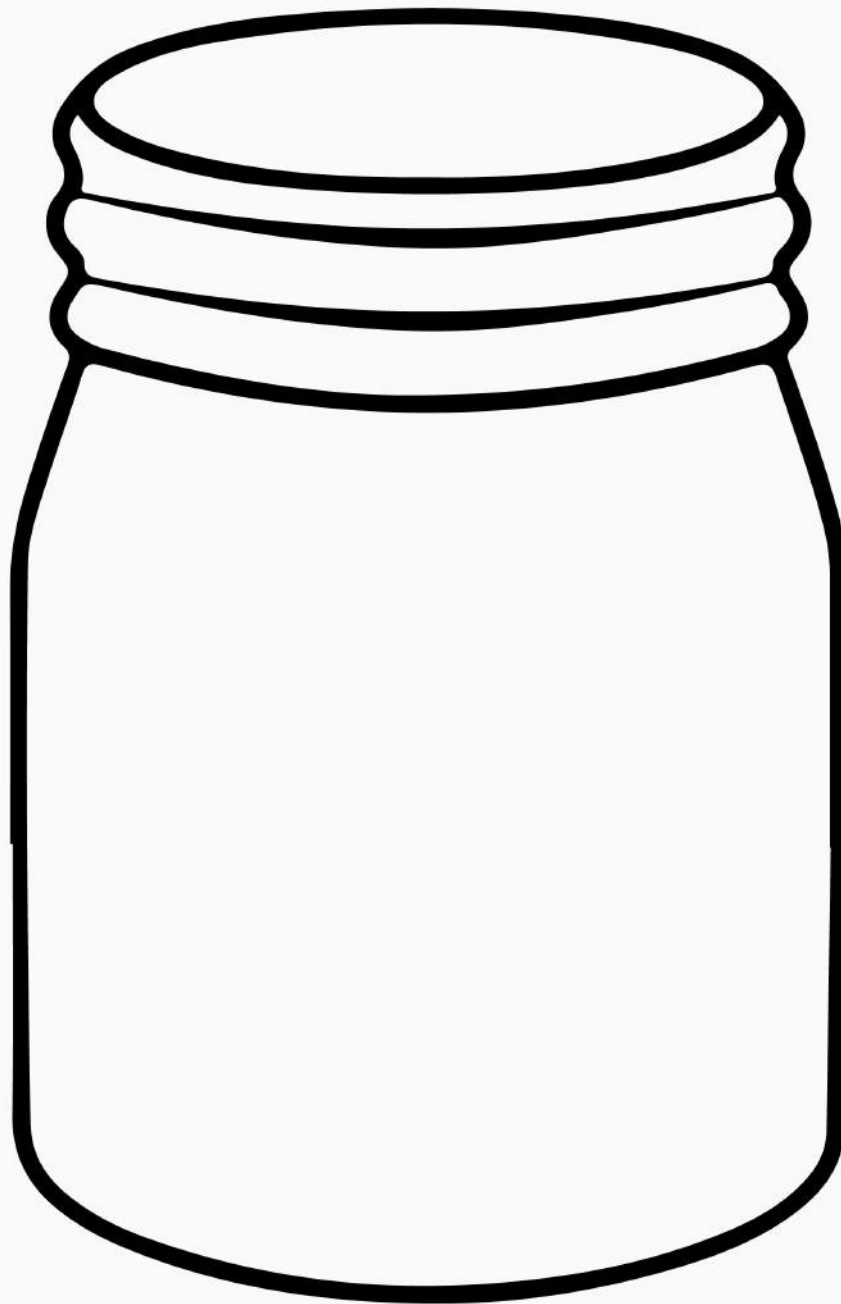
It's also scary. Because silence has been a protection. It kept you moving when the alternative felt impossible. So when you start speaking, even just to yourself, even just on paper, grief can come with it. Anger too. Things you thought were long buried.

That's not a sign that something's wrong. That's the sound of yourself being heard, maybe for the first time in a long time.

You get to decide how much to say, to whom, and when. Breaking the silence isn't one moment, it's a practice. And you're allowed to take it slow.

Check-In

Feelings can be overwhelming for us and that is completely okay! Check-in with your own feelings and see if you can figure them out. Then, fill this container with feeling colours to show how much of each you have right now.



Angry

Happy

Sad

Nervous

Excited

Calm

Facing Fear: The Heart of the Journey

Fear made sense once. It was your nervous system doing exactly what it was supposed to do: keep you safe when safety wasn't a guarantee.

But fear that was useful then can calcify into something that follows you everywhere. Into relationships, decisions, the quiet moments when nothing is actually wrong, but your body doesn't know that yet. Trauma fear isn't always loud. Sometimes it's the thing that makes you shrink. That keeps you scanning. That says: don't trust this, don't let your guard down, you know how this ends.

Facing fear doesn't mean the fear stops. It means you start to recognize it. To notice when it's protecting you, and when it's just a habit from the past. When it's a real signal, and when it's an old story running on repeat.

You're not trying to become someone who doesn't get scared. You're learning to stay in the room with the fear, instead of letting it make all the decisions. That's a different thing, and it's slower, but it's worth it.

TRAUMA-INFORMED
AFFIRMATION

**IT'S OKAY
TO FEEL WHAT
YOU FEEL. YOUR
EMOTIONS
ARE *valid.***

TRAUMA-INFORMED
AFFIRMATION

How Trauma Makes the Journey Harder

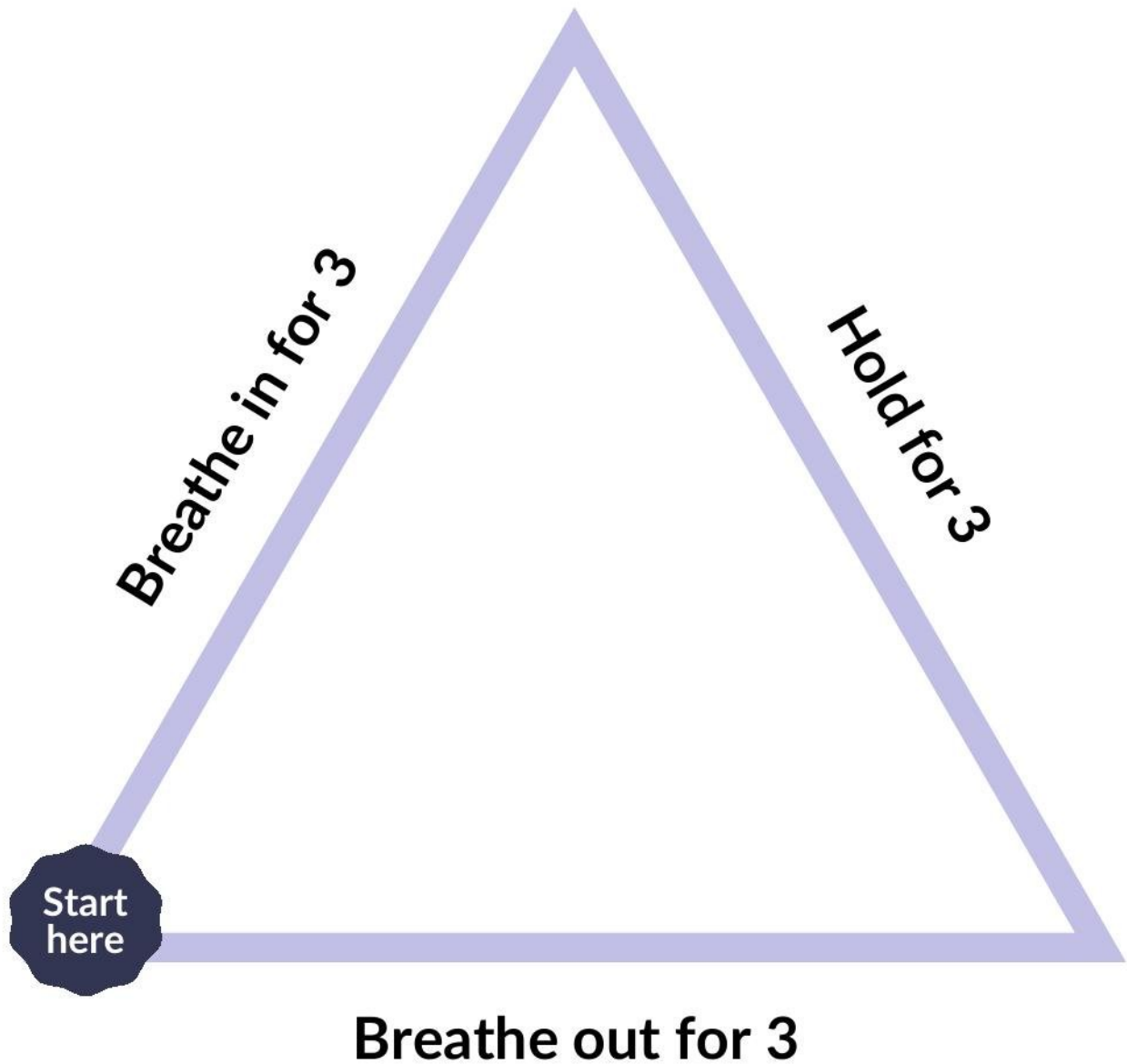
Healing would be straightforward if trauma were just a memory. But trauma isn't stored like a memory. It lives in your body. In your reflexes. In the way a certain tone of voice can take you somewhere you didn't choose to go.

This is why you can understand your trauma intellectually: know exactly what happened, why it affected you, and who was responsible. And still find yourself back in it on a Tuesday morning for no reason you can name. Understanding doesn't always translate to healing.

It can also make the journey feel impossibly personal, like you're doing it wrong, you're too broken, or like everyone else is moving, and you're stuck. You're not stuck. You're doing something that takes time and enormous courage, while living in a body that was shaped by something extremely painful.

This section is here to name some of the ways trauma complicates healing, not to make it feel heavier, but so you can stop wondering why it's hard. It's hard because it was hard. And you're here anyway.

TRIANGLE BREATHING BRAIN BREAK



Starting at the left bottom of the triangle. Trace your finger up the side while you take a deep breath in. Hold your breath for three seconds as you slide down the other side. Breathe out along the bottom of the triangle. Repeat it until you are calm.

Returning to the Soul: Coming Back to Yourself

At some point in this journey, something shifts. This shift usually isn't dramatic. It's usually quiet. You notice something you actually enjoy. You catch yourself in a moment that isn't about surviving. You feel, briefly, like yourself again. Like there's a you that exists outside of what happened.

That's the part we don't talk about enough. Not the healing from trauma, but the returning to yourself. The parts that were there before, or maybe the parts you never fully got to meet.

Trauma has a way of taking up all the room. It shapes how you move through the world, what you trust, what you let yourself want. Reconnecting with who you are beyond it isn't about pretending it didn't happen. It's about expanding past it. Making room for something else to be true at the same time.

You don't have to know who that person is yet. But are you willing to get too curious about them? To try things. To notice what lights you up, even slightly. To let small moments of joy count.

You were here before all of this. And you're still here.

SELF-CARE CHECKLIST

Self-care isn't an act but a loving commitment to oneself. How did you cherish yourself this week?

- | | | | |
|--------------------------|-----------------------------|--------------------------|--------------------------------|
| <input type="checkbox"/> | Take a long bath | <input type="checkbox"/> | Engage in a hobby |
| <input type="checkbox"/> | Read for pleasure | <input type="checkbox"/> | Listen to your favourite music |
| <input type="checkbox"/> | Go for a long walk | <input type="checkbox"/> | Spend time with a loved one |
| <input type="checkbox"/> | Practice mindful meditation | <input type="checkbox"/> | Watch a light-hearted movie |
| <input type="checkbox"/> | Journal your thoughts | <input type="checkbox"/> | Pamper yourself |
| <input type="checkbox"/> | Try trauma-informed yoga | <input type="checkbox"/> | Take a short nap |
| <input type="checkbox"/> | Cook a nourishing meal | <input type="checkbox"/> | Go for a swim |
| <input type="checkbox"/> | Visit a museum or gallery | <input type="checkbox"/> | Practice gratitude |
| <input type="checkbox"/> | Gardening | <input type="checkbox"/> | Attend a workshop or class |
| <input type="checkbox"/> | Paint or draw | <input type="checkbox"/> | Explore a new place |

TRAUMA-INFORMED
AFFIRMATION

I *forgive*
**MYSELF FOR
ANY
JUDGEMENTS
I'VE HELD
AGAINST
MYSELF.**

TRAUMA-INFORMED
AFFIRMATION

The Journey is Worth It: It Gets Different

There will be moments where this feels like too much. Where the effort seems disproportionate to any visible change. Where you wonder if you're just going in circles, or if some version of this is just how life is for you now. I've been in those moments. And I can tell you: not to comfort you, but because it's actually true, it gets different.

Not easier, necessarily. Different. The things that used to knock you over start to move through faster. The silences get less heavy. You find yourself knowing, more often than not, that you're going to be okay. Not because the hard things stop happening, but because you start trusting yourself.

That's what this journey leads toward. Not a perfect life or a permanent peace. Just more capacity. More room for yourself. More of the good things getting through.

You are already on the way.
You've been doing the work by being here.



Reflections

Wins celebrated

Celebrate your achievements, however small they might be:

Challenges Encountered

Acknowledge any struggles or bottlenecks you faced:

Lessons Learned

Identify learnings that can be carried forward:

Future Thoughts

Write down any early ideas or upcoming focus points:

Reflections & Gratitude Journal

Reflections:

Reflection is a window to observing our growth and understanding our challenges. As we glance back, not with judgment, but with love and observation. Celebrate your victories, however small they might seem, and acknowledge the hurdles with compassion.

What worked? What felt challenging? Pen down without self-critique, and let these words be your gentle guide toward understanding and evolving on this journey.

Gratitude Journal:

Gratitude is a gentle anchor in our moments of chaos and serenity alike. List down three things or moments from this journey that sparked a flutter of thankfulness in your heart. It could be a peaceful cup of tea, a warm hug, a moment of clarity, or simply being here, in this moment. Every spark is significant, every gratitude, is monumental.

A MESSAGE FROM MY HEART TO YOURS

You made it to the end of this guide.

And I want to say something that doesn't get said enough: that was brave. Not because it was hard, though it may have been. But because choosing to look at yourself, really look, is one of the most honest things a person can do. Most people don't.

You did.

Whatever brought you here, whatever you're carrying, whatever feels impossible right now. You are not too far gone, not too complicated, not too late. None of those things are true.

You are exactly where you're supposed to be. Including here, on this page, at the end of something that might just be the beginning of something else.

I'm glad you're here.



A person is shown from the chest up, with their hands raised in a gesture of openness or surrender. They are standing in a lush field of tall green grass and small purple flowers. The background is slightly blurred, emphasizing the person and their hands. The overall mood is peaceful and hopeful.

LET'S WORK TOGETHER

This guide was a starting point.

If something synchronized, if you found words for something you've been carrying, or got a little clearer on where you are, there's more available when you're ready.

I offer 1:1 sessions, multi-session programs, and readings for survivors and soulpreneurs who want to go deeper with support. Take a look at what's on the next page and see what feels right.

There's no rush.

WWW.SYNCHRONIZEDSOULS.COM

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READINGS & SESSIONS



NERVOUS SYSTEM CHECK-IN

Your body has been trying to tell you something. Maybe you've been feeling overwhelmed, shut down, or just off, and you can't quite explain why. This reading is for that feeling. Using tarot as a reflective tool, we look at how your nervous system is responding right now. What it's been holding, what patterns it learned to protect you, and what would actually help you feel more grounded. Not fixes. Not breakthroughs. Just an honest look at what your body is asking for in this moment.



WHEN EVERYTHING FEELS LIKE TOO MUCH

Everything is piling up. You can feel it. Emotionally, mentally, physically and energetically. You're not sure where to start or what to tend to first. This session is for that feeling. Not to fix it or push through it. To slow down, create some space, and understand what's actually contributing to the overload, so you can respond with a little more care. We look at what's asking the most of you right now, what might be draining or overstimulating your system, and what kind of support or adjustment could help things feel more manageable.



PAST LIFE & AKASHIC RECORDS READING

You've done the work. You've looked at your childhood, your patterns, your choices. And still, something keeps repeating that you can't fully explain from this lifetime alone. This session is for that feeling. The patterns that run deeper than circumstance. The emotional responses that seem bigger than the moment. The sense that something is carrying over that you haven't been able to name yet. We explore this through intuitive access to the Akashic Records, with oracle cards used alongside as a supportive tool.



HOLDING WHAT'S HEAVY - 3 GRIEF SESSIONS

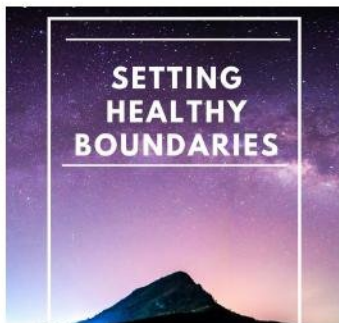
Not every kind of grief announces itself. Sometimes it's a death. Sometimes it's the version of your life you had to let go of, a relationship that changed shape, an identity that doesn't fit anymore. The quiet losses nobody thinks to check on you about. This container is for the part of you that knows one conversation won't be enough. Across three sessions, we slow down together. We look at what you're carrying, tend to the layer of it that lives in your body, and then check in on what shifted, what's still heavy, what you're holding differently now.

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DIGITAL PRODUCTS



SOUL-CARE GUIDEBOOK



SETTING HEALTHY BOUNDARIES



THE POWER OF SELF- REFLECTION & FORGIVENESS



MOVING FROM A SCARCITY MINDSET TO AN ABUNDANCE MINDSET

Join our

TRAUMA-INFORMED RECOVERY SPACE

For **\$11 CAD / \$8 USD per month**, access a collection of 100+ trauma-specific resources designed to support your healing journey. This plan is perfect for those who want to focus exclusively on their trauma recovery in a self-paced, introspective environment.

You'll also have the ability to message me within our membership platform at any time for guidance, as well as connect with other souls who are navigating the self-paced space alongside you.

SECTIONS INCLUDE:

- Understanding Trauma
- Trauma and the Body
- Trauma and the Nervous System
- Attachment Styles
- Inner Children Healing
- Triggers
- Boundaries
- Healing through Relationships and Communication
- Embodied Healing
- Life After Trauma
- + More

SIGN UP NOW



JOIN OUR MEMBERSHIP JOIN OUR MEMBERSHIP JOIN OUR MEMBERSHIP JOIN OUR MEMBERSHIP

A person wearing a white protective suit and mask is standing in a field of green grass and purple flowers. The person is looking down, and their hands are near their face. The background is a soft-focus field of green grass and purple flowers.

I'M SO PROUD OF YOU!

Thank you for allowing
me to share this
journey with you.
Remember, you are
not alone, and your
journey toward
healing is just
beginning.