

# UNION OF SAINTS

Resilience, Healing & Survivor Resources

A Collection of Guides, Games, Reflections, and Educational Resources

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## Dedication

Dedicated to all who seek peace, healing, understanding, compassion, forgiveness, respect, and personal liberty.

## Introduction

This collection offers educational resources, reflective exercises, and practical tools intended to encourage resilience, healthy boundaries, personal growth, and hope.

## Title List

1. Survivor Power Up Game, Score Tracker
2. Smear Campaign Abuse Bingo
3. Self Preservation Before Compassion
4. The Peace Deck, 52 Card Self Preservation and Healing Game
5. Playground Comeback Guide, Cold War Edition
6. Name the Abuse, Union of Saints Quiz
7. 50 Timeless Rhymes

Welcome, this is a guide for self-therapy called a “gamified framework,” the idea is to transform painful, diminishing experiences into something where the survivor has a sense of achievement and power rather than defeat. Done carefully, this can be healing—almost like “flipping the script.” This framework can help ground abuses,

give them names, and show us the “severity,” of the abuse through “points.” Survivors who “score,” high might come up with a system in which they gain “rewards.” An example of a reward might be, a therapist session! A gift, a self-celebratory outing, a spa date etc.

Our US sermon this week 9.1.2025 describes “letting go,” as well... soul food for thought. Survivor Power-Up Game: Score 🌟 Tracker

## ● How to Play 🎯

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- Every abuse endured = points gained (your strength score).
- Multipliers increase your score in tougher situations.
- Track your points over time and watch how strong you’ve become.

## ● Point System 🏆

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### • Mild (10–20 pts each)

Passive-aggressive comment (10) ☐

Eye-rolling / silent treatment (15) ☐

Mocking disguised as 'joke' (20) ☐

Interrupted / dismissed (20) ☐

### • Moderate (30–50 pts each)

Shamed for past mistakes (30) ☐

Belittled achievement (40) ☐

Humiliated in public (50) ☐

Gaslighting ('too sensitive') (50) ☐

### • Severe (75–100 pts each)

Name-calling / degradation (75) ☐

Character assassination / smear (100) ☐

Verbal threat (100) ☐

Exploited vulnerability (100) ☐

Isolation tactic (100) ☐

- **Extreme (150–250 pts each)**

Stalking / intimidation (150) ☐

Coercion / blackmail (200) ☐

Severe emotional manipulation (200) ☐

Sexual coercion (250) ☐

Physical abuse (250) ☐

## ● Multipliers ⚡

- Public Setting → x2
- Repeated Abuse → +50% each repeat
- Trusted Person (family, friend, partner) → x3

## ● Achievement Badges 🏆

- Phoenix Rising (1000 pts): Survived smear campaigns
- Mirror Shield (500 pts): Recognized gaslighting without self-blame
- Unbreakable (2500 pts): Withstood multiple severe abuses and kept standing
- Freedom Badge (5000 pts): Removed self from abusive cycle

## ● Resilience Score Tracker 📊

| DATE | ABUSE TYPE | BASE POINTS | MULTIPLIERS | TOTAL POINTS |
|------|------------|-------------|-------------|--------------|
|      |            |             |             |              |
|      |            |             |             |              |
|      |            |             |             |              |

| DATE | ABUSE TYPE | BASE POINTS | MULTIPLIERS | TOTAL POINTS |
|------|------------|-------------|-------------|--------------|
|      |            |             |             |              |
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## Smear Campaign Abuse Bingo

Sisters of Safety — For those who achieve points and are feeling down, we will provide free therapy. Bingo Points: 1 line = 5 points, 2 lines = 10 points, Full card = 25 points

|                                  |                                     |                                         |                                 |                                  |
|----------------------------------|-------------------------------------|-----------------------------------------|---------------------------------|----------------------------------|
| You're always messing things up. | You'll never get it right.          | Other people don't have this problem.   | Why can't you be more like ___? | You should know better.          |
| You let people down.             | You're overreacting.                | A good person wouldn't do that.         | At least ___ gets it right.     | You let people down.             |
| You really disappointed me.      | You never learn from your mistakes. | FREE SPACE                              | Nobody takes you seriously.     | You really disappointed me.      |
| You're just not good at that.    | You're just not good at that.       | Remember when you messed that up?       | You're impossible sometimes.    | If only you tried as hard as ___ |
| You'll never get it right.       | You're impossible sometimes.        | Don't forget the time you failed at ___ | At least ___ gets it right.     | You're being ridiculous.         |

## Self Preservation Before Compassion

Compassion begins with caring for yourself. When we continuously give without caring for our own needs, our energy becomes depleted, our spirit becomes heavy, and our inner peace becomes difficult to maintain.

Compassion is a beautiful expression of love, but it requires balance. Caring for others while honoring your own limits creates a healthier and more sustainable way to serve, support, and connect.

Self preservation is an act of respect for your own life, your own energy, and your own well being. When you protect your peace and restore your strength, you create space for genuine compassion to grow.

When you are rested, centered, and whole, the kindness you offer comes from a place of abundance rather than exhaustion. You are able to show up with a clearer heart, a stronger spirit, and a better sense of purpose.

Choosing healing, rest, and personal care is a way of honoring yourself and the life you have been given. Protect your peace, ground your energy and nurture your spirit. From a place of wholeness, compassion can flow naturally while you remain connected to yourself.

## The Peace Deck: 52 Card Self Preservation and Healing Game

The Peace Deck is created to encourage reflection, healing, self respect, and inner peace. Each card offers an opportunity to practice healthy boundaries, restore your energy, and strengthen your relationship with yourself.

Draw 1 to 3 cards each day and follow the guidance. Each completed card earns Peace Points as a reminder to celebrate your growth and commitment to your well being.

### **Boundaries**

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1. Say “no” today with confidence and respect. (+10 Peace Points)
2. Identify one situation that drains your energy and imagine creating healthy distance from it.

3. Reflect on a time you honored a boundary. How did it strengthen you?
4. Remove or limit one digital connection that affects your peace.
5. Write three boundaries that support your well being.
6. Write down one thing you choose to no longer accept.
7. Practice saying "I need space" with kindness and honesty.
8. Give yourself permission to pause before responding.
9. Notice what your body feels when your boundaries are challenged.
10. Affirm: "My time and energy are valuable."
11. Protect your peace by making one choice that honors your needs.
12. Imagine yourself surrounded by safety, calm, and protection.
13. Step away from a conversation or situation that disrupts your peace.

## Healing

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1. Take five slow breaths and place your hand over your heart.
2. Write three things you choose to forgive yourself for.
3. Write about something painful and release it through a healing ritual.
4. Spend ten minutes in quiet reflection.
5. Stretch your body gently and intentionally.
6. Journal: "What does healing mean for me today?"
7. Offer yourself kindness for a mistake you have made.
8. Practice grounding by noticing your breath and your surroundings.
9. Spend time outside and connect with nature.
10. Affirm: "I deserve patience, care, and healing."
11. Recognize a wound you carry and respond with compassion.
12. Take time for a calming self care practice.
13. Choose rest and restoration when your body needs it.

## Nourishment

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1. Drink water and appreciate the care it provides your body.
2. Eat something that supports your health and energy.
3. Write three foods that help you feel your best.
4. Slow down and enjoy one meal with awareness.
5. Move your body in a way that feels good.
6. Spend time in fresh air or sunlight.
7. Affirm: "I nourish my body, mind, and spirit with love."
8. Choose one positive habit to strengthen today.
9. Replace one harsh thought with a compassionate one.
10. Rest for fifteen minutes without distractions.
11. Do something that brings you joy.
12. Listen to music that lifts your spirit.
13. List three things that nourish your soul beyond physical needs.

## Strength

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1. Honor a boundary you have created for yourself.
2. Repeat aloud: "My peace is my power."
3. Write three strengths you have developed through your experiences.
4. Celebrate a small victory from this week.
5. Reflect on the ways you have grown.
6. Take one meaningful step toward a personal goal.
7. Affirm: "I have the strength to protect my peace."
8. Visualize yourself standing confidently in your own light.
9. Write three reasons you are proud of yourself.
10. Remember a challenge you overcame and recognize your resilience.
11. Do one action today that strengthens your confidence.

12. Stand tall, breathe deeply, and connect with your inner strength.
13. End your day by saying: "I honor my strength, my healing, and my journey."

## Playground Comeback Guide:

### Cold War Edition

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#### • For Trickery or "Spy Games"

- "Nice disguise, but I see the fries."
- "You can't out-sneak a sneaker."
- "Cold War? I'm hot cocoa."
- "Secret agents don't scare snack agents."
- "Espionage? Please, I'm playing dodgeball."

#### • For Rumors or Whisper Campaigns

- "You brought a rumor, I brought a boom-box."
- "Talk is cheap, but I'm expensive."
- "Spy talk is just walkie-talkie noise."
- "If you're whispering, it's probably boring."
- "Cold whispers melt in warm sunshine."

#### • For Bullying or Intimidation

- "You want a Cold War? Sorry, I'm in gym shorts."
- "Freeze me out? I brought mittens."
- "Your threats are grounded—like you."
- "That's not a Cold War, that's a cold sandwich."
- "You don't scare me; I've seen the lunch line."

### • For General Trickery

- "Tricks are for magicians, not missions."
- "Oops, your sneak attack just tripped."
- "I don't play shadow games, I play tag."
- "Your tactics expired yesterday."
- "The only thing I'm falling for is recess."

## Name the Abuse: Union of Saints Quiz

Instructions: Read each scenario carefully and select the type of abuse it represents. Some scenarios may involve more than one type.

### ● Answer Options:

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1. Physical Abuse
2. Emotional/Psychological Abuse
3. Verbal Abuse
4. Neglect
5. Digital/Online Abuse
6. Systemic/Institutional Abuse

### ● Questions

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1. A community leader spreads false rumors about a member to damage their reputation.
  - Answer: Emotional/Psychological Abuse, Verbal Abuse
1. A teacher hits a student for making a mistake during a lesson.
  - Answer: Physical Abuse
1. A person is constantly criticized and told they are "not worthy" of spiritual service.

- Answer: Emotional/Psychological Abuse, Verbal Abuse
- 1. An online forum targets a saint for their dietary and spiritual practices with harassment.
  - Answer: Digital/Online Abuse, Emotional/Psychological Abuse
- 1. A caregiver ignores an elderly saint's requests for medication or nourishment.
  - Answer: Neglect
- 1. A member is denied access to leadership positions because of gender or age.
  - Answer: Systemic/Institutional Abuse
- 1. Someone threatens physical harm to make another member comply with their wishes.
  - Answer: Physical Abuse, Emotional/Psychological Abuse
- 1. A person is mocked publicly for choosing a vegan or non-animal consuming lifestyle.
  - Answer: Verbal Abuse, Emotional/Psychological Abuse
- 1. A person constantly interrupts and belittles someone during prayers or meetings.
  - Answer: Verbal Abuse, Emotional/Psychological Abuse
- 1. A saint receives repeated threatening emails after speaking out against injustice.
  - Answer: Digital/Online Abuse, Emotional/Psychological Abuse
- 1. A community elder refuses to provide guidance or support to someone in need.
  - Answer: Neglect, Emotional/Psychological Abuse
- 1. A leader enforces rules selectively to favor certain members over others.
  - Answer: Systemic/Institutional Abuse
- 1. Someone pushes or shoves a member in anger during a disagreement.

- Answer: Physical Abuse

1. A member is repeatedly humiliated for their spiritual beliefs or rituals.

- Answer: Verbal Abuse, Emotional/Psychological Abuse

1. Personal property of a saint is intentionally damaged by another member.

- Answer: Physical Abuse

1. Threatening messages are sent online to prevent someone from speaking at a union meeting.

- Answer: Digital/Online Abuse, Emotional/Psychological Abuse

1. A saint is ignored or isolated when they raise concerns about misconduct.

- Answer: Neglect, Emotional/Psychological Abuse

1. A teacher or mentor refuses to acknowledge a student's achievements and contributions.

- Answer: Emotional/Psychological Abuse, Neglect

1. A community event is intentionally designed to exclude certain members.

- Answer: Systemic/Institutional Abuse

1. A member is publicly shamed for taking a stand on a moral or ethical issue.

- Answer: Verbal Abuse, Emotional/Psychological Abuse

## 50 Timeless Rhymes

### ● US vs. MCW

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1. Spy, spy, in the night, Truth will chase you into light.

2. Round and round the gossip goes, Truth will bloom where kindness grows.

3. Cold wars freeze, and bullies boast, But laughter warms the heart the most.

4. Tick-tock, trick's a clock, Truth unlocks what lies can't lock.
5. Hide and sneak, play your game, Truth and joy will call your name.
6. Shadows creep, whispers creep, But sunshine wakes from peaceful sleep.
7. Hush now, hush, secrets fall, Honesty will outlast all.
8. Mockers jeer and shout their claim, But gentle hearts remember your name.
9. Tricks may twist, lies may bend, Truth and courage never end.
10. Sticks may break and stones may fly, Kindness lifts where harsh words die.
11. Whisper low, but shout the cheer, Goodness grows year after year.
12. Sneaky hands may try to take, But love protects what's wide awake.
13. But bright hearts warm the heaviest stone.
14. Spin your tale, weave your plot, Honest hearts forget you not.
15. Bullies roar, and tricks may play, Kind words chase the dark away.
16. Tread lightly where secrets lie, Truth will catch you by and by.
17. Hide your tricks behind your back, Life will show the brighter track.
18. Play your game, but mind your pace, The meek will win the quiet race.
19. Rumors rumble, lies will crawl, Good hearts rise and truth stands tall.
20. Shadows fade when laughter sings, Joy can melt the hardest things.
21. Trick and twist, spin your art, Cleverness won't change the heart.
22. Cold words chill and sharp ones sting, Warm hearts heal what harshness brings.
23. Hush, hush now, whispers fall, Kindness answers every call.
24. Spy with eyes and hands so sly, Truth will watch you as you try.
25. Secrets hide in corners dark, Honest hearts will leave a mark.
26. Sneaky feet and whispering tongues, Cannot undo the songs once sung.
27. Tricksters come with masks to wear, Love and laughter strip them bare.
28. Courage always gets the chance.
29. Cold winds blow and bullies shout, But brave hearts know what life's about.
30. Hide your lies in jars of sand, Truth will reach the promised land.
31. Spin your tales, weave your lies, Honest hearts will claim the prize.

32. Shadows lengthen, night may fall, Light will answer every call.
33. Bully loud and boast your might, Kindness turns the dark to light.
34. Whisper soft and spin your scheme, Courage wakes the gentlest dream.
35. Tricks are sweet, but truth is better, Good hearts hold through stormy weather.
36. Play your spy, sneak your plan, Life will show the honest hand.
37. Rumors crumble, lies will fade, Truth stands firm where hearts are made.
38. Sneaky ways and sly disguise, Honesty sees through all lies.
39. Cold words bite, sharp words sting, Warmth and laughter heal everything.
40. Shadows dance, secrets creep, Honest hearts their treasures keep.
41. Spin your yarn, plot your tale, Truth will follow, never fail.
42. Tricks may trick, and lies may lie, Courage will not say goodbye.
43. Kind hearts echo far and near.
44. Whispered plots and hidden schemes, Cannot undo bright honest dreams.
45. Cold games freeze and shadows loom, Love and laughter fill the room.
46. Sneaky hands and sneaky eyes, Truth will shine and light the skies.
47. Spin and twirl, weave your art, Honest words will win the heart.
48. Rumors curl like smoke in air, Truth cuts clean and clears the snare.
49. Tricks may try to hide from sight, But love and courage bring the light.
50. Shadows fade and whispers end, Brave hearts shine and always mend.