

THE 3 E'S

advocates for sex crimes victims



E D U C A T E
E N C O U R A G E
E M P O W E R

#clubthriver

THE EASY "HOW-TO" BOOKLET FOR VICTIMS AND THE PEOPLE WHO LOVE THEM...

BY KRISTINA CORNELL & ISABELLA CORNELL

THE 3 E'S

HOW TO:

- **IDENTIFY**
- **MOVE ON**
- **THRIVE**

BY KRISTINA CORNELL & ISABELLA CORNELL

© KRISTINA CORNELL AND ISABELLA CORNELL

PROLOGUE:

When Isabella disclosed to me, both times, my world went into a blender. I vomited. I yelled. I cried. My mind was in a million different places. My immediate thought was that my life, as I knew it, was over! And I was correct! I left my home, my vehicle, my career, my “stuff”, my marriage. Friends turned their backs. “Church” did not want to deal with the situation, so they buried their heads in the sand. I was alone in this battle. But, let me tell you, there is NO thing, misleading relationship, manipulating and abusive marriage, “friend”, congregation, career, or feeling worth more to me than the well being of my daughter. She is a person, but she is also a soul, and a spirit. The things I just listed are not eternal, but she is. I had to make split second decisions on how this fragile, broken soul was going to move past “victim”, how this ever living spirit would be free of any pain or suffering and move past “survivor”. I hope the tools that we crafted in our desperation will serve you well, showing you how to become a THRIVER! ~Kristina Cornell

1.

IDENTIFY = EDUCATE

We utilize the traumatic life experiences that we have to teach victims and non-offending family members how to first, recognize abuse. When one believes there is abuse present, confronting the situation is a MAJOR step. We teach how to deal with the aftermath for both the victim and the adults in their life that were also groomed. Whether there is fear of the perpetrator, fear of destroying relationships, we can help. If the abuse is happening in the home, for a non-offending parent there may be a fear of "handling" life alone, walking away from that partner physically, emotionally, sexually, financially. We show victims how to face each of those questions with confidence. In addition to our services, we direct them to contact local agencies to assist in the continual healing process.



NOT EVERYONE IS SAFE



YOU CAN LOVE AND STILL HAVE BOUNDARIES



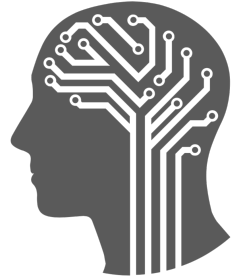
KEEP YOUR MIND SHARP, DON'T TRY TO FIND FALSE ESCAPES (LIKE SUBSTANCE ABUSE)



IF YOU WANT OUT, TELL AS MANY PEOPLE AS POSSIBLE. IF THE FIRST PERSON DOESN'T BELIEVE YOU, SOMEONE WILL

WORK IT OUT

Let's work it out together.



Can you think of a moment when you felt like someone was unsafe for you? Did you tell someone? If so, who?

Name 3 healthy boundaries (rules that someone should never break):

- _____
- _____
- _____

Have you, or have you considered using an escape? Eg: dissociation, substance, picking/ cutting, eating disorder. Explain the “false escape” and why?

2.

MOVE ON = ENCOURAGE

Sex crimes produce the only victims who assume more shame than the perpetrator. Victims often question their own integrity and what they did to "cause" this to happen. We encourage them to understand "grooming", "covert-abuse tactics", "manipulation" so that they understand they ARE NOT AT FAULT! Even if you "love(d)" the perpetrator, even if you somewhat "enjoyed" the abuse, even if you believed the lies and "acted" on the false promises... IT IS NOT YOUR FAULT! There is freedom in that for a victim.

We continue communication through #clubthriver, sending encouraging messages, tips and tricks for daily focus on positivity, and updates on others that are "part of the club" (anonymously, of course)

- **YOU KNOW YOU, STAY IN TUNE WITH YOURSELF**
- **KEEP YOUR CHIN UP AND DO NOT LET THEM TAKE YOUR JOY**
- **YOU WILL COME THROUGH THIS**
- **YOU ARE PRICELESS, NO ONE DETERMINES YOUR WORTH EXCEPT GOD**

WORK IT OUT

Let's work it out together.



Because you know yourself, has there been a time when someone did something, maybe even “accidentally” that made you feel awkward?

Tell of how you already came through a challenging situation and your attitude around it.

List 3 things that you like about yourself.

- ---
- ---
- ---



“SEX CRIMES PRODUCE THE ONLY VICTIMS WHO ASSUME MORE SHAME THAN THE PERPETRATOR.”

3.

THRIVE = EMPOWER

Every community has its own culture. Connecting victims with local resources is a monumental shift in their perspective. There is a common thread between the largest cities to the most rural communities as relates to sex crimes victims. That thread is the desire to move past the trauma, to stand strong - head up, to no longer be a "victim". Empowering someone to take the steps from victim to survivor is life changing. BUT empowering them to take the next step from survivor to THRIVER... THAT WILL CHANGE THEIR WORLD! We are in the "WORLD CHANGING" business. As a victim moves to thriver, they radiate change and will become an ambassador of triumph! It is indescribable, watching a broken person become a difference maker!

- **TRUST GOD (Holy Spirit) WILL GIVE YOU STRENGTH TO WALK THIS JOURNEY**
- **YOUR BODY IS THE TEMPLE OF GOD, IF THERE IS NOT RESPECT FOR THAT, TELL A TRUSTED ADULT!**
- **THE ARTS HELP COPE WITH THE JOURNEY**
- **THERE ARE RESOURCES FOR THERAPY**

WORK IT OUT

Let's work it out together.



Can you recall a time when you felt like you did not have the strength to go through what you were experiencing? Describe your feelings and did you call out to God? How do you think/feel He responded?

Do you have interest in the arts? Write your favorite form and why. Eg. Music (playing an instrument, writing, or singing), painting, dancing, drawing, sculpting, etc., etc.

As we are moving forward, tell us what resources you need to become a THRIVER!



THERE IS NO REASON FOR AN ADULT TO EVER TOUCH YOU OR SOMEONE YOU LOVE, INAPPROPRIATELY. IT IS NOT ONLY IMMORAL, IT IS A CRIME. YOU MUST SPEAK UP!



A FEW EXTRA TIPS...

1. If someone starts by “brushing up” against you, tickling, or wrestling with you and you are uncomfortable, tell an adult WHOM YOU TRUST.
2. If someone walks in on you in the bathroom/ bedroom, or calls you to where they are and they are indecent, tell an adult WHOM YOU TRUST.
3. If someone starts telling or asking you secrets that seem like a “silly” thing to keep secret tell an adult WHOM YOU TRUST.
4. If the content of what someone is watching on tv is sexual and you are invited to watch with them or even if it is on when you are present (nearby) that is called covert abuse. You need to tell an adult WHOM YOU TRUST.
5. YOU ARE NEVER ALONE! There are people who have gone through the exact same situation and/ or scenario. Tell an adult WHOM YOU TRUST

I PROMISE, YOU CAN DO IT!

FOR THE TRUSTED ADULT

If you are the trusted adult, you have the life of a person in your hands. Now is not the time to be concerned about yourself. Even if the perpetrator is your spouse, you will have time to deal with yourself AFTER you make sure your child is safe and secure.

Chances are the perpetrator is someone you trust. In many cases this person is family. But if not family, it can still be devastating to lose a relationship with a close family friend, a teacher, a coach, the leader of a club, a pastor, an elder, a priest, a neighbor. REMEMBER THIS You did not break the trust, they did. You are now forced to react to their disgusting action.

When the child tells you, THEY ARE LAYING IT ALL ON THE LINE! You are the trusted adult. That means this child trusts you with their life. Be careful, be wise. Every single word you say, every facial expression you make, every action you portray, in that moment, is etched in their hearts. You can crush them with disbelief. You can harm them if you are accusing them in any way. You can re-traumatize them if you ask too many questions. Gather NEEDED information and call a professional, like a family doctor, a counselor, a therapist. They can help you through the legal process. And they can assist you with communication in this VERY TENDER time.

This is very important. Do not think that you cannot make it without this person in your life. No matter “who” they are to you, YOU CAN MAKE IT! You will be the hero to an otherwise helpless child. I PROMISE, YOU CAN DO IT!

ABOUT THE AUTHORS

Isabella Cornell is a young woman who has suffered sexual abuse at the hand of two different men. Both men were supposed to be trustworthy.

Both Isabella's bio-father and her step-father molested her at very crucial times in her life:


bio-dad - age 2-6 years old; step-dad - age 13-16 years old. Both men are pastor's sons. Both men were "upstanding" in their communities. However, there was a distinct difference between them and that was their method. Bio-dad did the "we have a secret and if you tell Mommy, I'll have to hurt her throat so that she can't sing anymore" method. Step-dad did the "I'm really in love with you, I am only with your mother so that we can be together" method. Obviously, both effective for a time.

But Isabella had courage and told her mom. There was a lot of work that had to be done post abuse in both cases.

Because of her age at the times of abuse and the different tactics of the perpetrators, Isabella had post-care that was specific to each scenario.

She was immediately taken from both situations and never had to see either perpetrator again. She was in a safe environment and was able to begin her healing process immediately. Healing after trauma is an ongoing process that requires the victim and the adults around them to have patience.

Isabella found that music was an amazing outlet for her. She used the situation to her advantage. She taught herself to play the guitar. She is now THRIVING, using her talents as guitar player, singer, and song writer to build her artist career.



Kristina Cornell is the mother and non-offending parent of co-author, Isabella Cornell. When Isabella was being abused, Kristina was married to bio-dad, then step-dad.

Kristina often describes that when Isabella disclosed, her life went into a complete blender. The sheer fact that a spouse could do this to your child is mortifying! Immediately, the thought process of the trusted adult goes into overdrive and nearly impossible to dissect.

“As her mother, my thoughts were;

- How did this happen in MY house?
- I’m not enough.
- How do I get this child to not have PTSD?
- What am I going to do with my life now. (I had to walk away from my career both times)
- How am I ever going to trust again?
- How is she ever going to trust again?
- I live for You, Lord, and both of these men are “Christians”, how could You let this happen to her?
- How am I going to pay my bills?
- Where are we going to live?
- How do I breathe?
- Am I ever going to stop crying?

These were some of the thoughts that flooded my mind within the first 60 seconds after she disclosed”.

Kristina has moved on in her life and she is THRIVING. She has a successful marketing company that she owns and operates. She and Isabella travel together in ministry. They do music and teaching, but truly have found their PASSION while helping the victims of sex crimes.



We are here for you! Reach out and let us know what you need.

www.advocatesforsexcrimesvictims.com

www.tellthemministries.net

www.kristinacornell.com

If you would like to have Kristina and Isabella come speak at your church or if you would like to have a workshop or conference, call:

615.412.9300



