

# Adults Abused As Children: Steps for Healing and Recovery

If you are an adult who was abused as a child, you are not alone. Millions of people have experienced this type of trauma, and it can have a devastating impact on your life. You may be struggling with depression, anxiety, addiction, or other issues. You may feel isolated and alone. There is hope for healing and recovery. This guide will help you to understand the impact of abuse on your life and will provide steps you can take to heal.

## The Impact of Abuse

Child abuse can have a profound impact on your physical, emotional, and mental health. You may experience a variety of symptoms, including:



### Adults Abused As Children, Steps 1, 2 and 3 (Adults Abused As Children from the 12 Steps Anonymous Perspective) by Ellin Chess

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- Depression

- Anxiety
- Addiction
- Eating disorders
- Post-traumatic stress disorder (PTSD)
- Relationship problems
- Self-harm
- Suicide

Abuse can also affect your self-esteem and your ability to trust others. You may feel ashamed or guilty about what happened to you. You may believe that you are damaged or unworthy of love. These feelings can make it difficult to form healthy relationships and to live a fulfilling life.

## **Steps for Healing**

Healing from child abuse is a journey, and it takes time and effort. There is no one-size-fits-all approach, and what works for one person may not work for another. However, there are some general steps you can take to begin the healing process.

### **1. Acknowledge the abuse.**

The first step to healing is to acknowledge that you were abused. This can be a difficult and painful process, but it is essential for moving forward. Allow yourself to feel the emotions that come up for you, and don't judge yourself for having them.

### **2. Get support.**

Talking about your abuse can be helpful in the healing process. There are many different ways to get support, including individual therapy, group therapy, and support groups. Find a support system that works for you and that you feel comfortable with.

### **3. Learn about the impact of abuse.**

Educating yourself about the impact of abuse can help you to understand your symptoms and to develop coping mechanisms. There are many books, articles, and websites that can provide you with information about child abuse.

### **4. Challenge negative thoughts.**

Abuse can lead to negative thoughts about yourself and the world. These thoughts can make it difficult to heal. Challenge these thoughts by asking yourself if they are true and if there is any evidence to support them.

### **5. Practice self-care.**

Taking care of yourself is essential for healing. Make sure to get enough sleep, eat healthy foods, and exercise regularly. Find activities that you enjoy and that make you feel good. Spend time with loved ones who support you.

### **6. Be patient.**

Healing from child abuse takes time and effort. Don't get discouraged if you don't see results immediately. Keep working at it, and eventually

you will reach your goals.

## Adults Abused As Children From The 12 Steps

The 12-step programs, such as Alcoholics Anonymous and Narcotics Anonymous, can be a valuable resource for adults who were abused as children. The 12 steps provide a framework for recovery that can help you to understand your addiction and to develop coping mechanisms. The 12 steps also provide a community of support that can help you to stay sober and to rebuild your life.

If you are an adult who was abused as a child, you may find that the 12 steps can help you to heal and recover. The 12-step programs are free and open to everyone. You can find a meeting near you by visiting the website of Alcoholics Anonymous or Narcotics Anonymous.

If you are an adult who was abused as a child, there is hope for healing and recovery. There are many resources available to help you on your journey. Remember that you are not alone, and that you can overcome the challenges you face.



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