

survive & thrive

moving forward from interpersonal trauma

Week 03

Getting safe and getting started

Review of last 2 weeks

- Any thoughts...?
- Any questions...?
- Planning sheets...?



What we will cover today

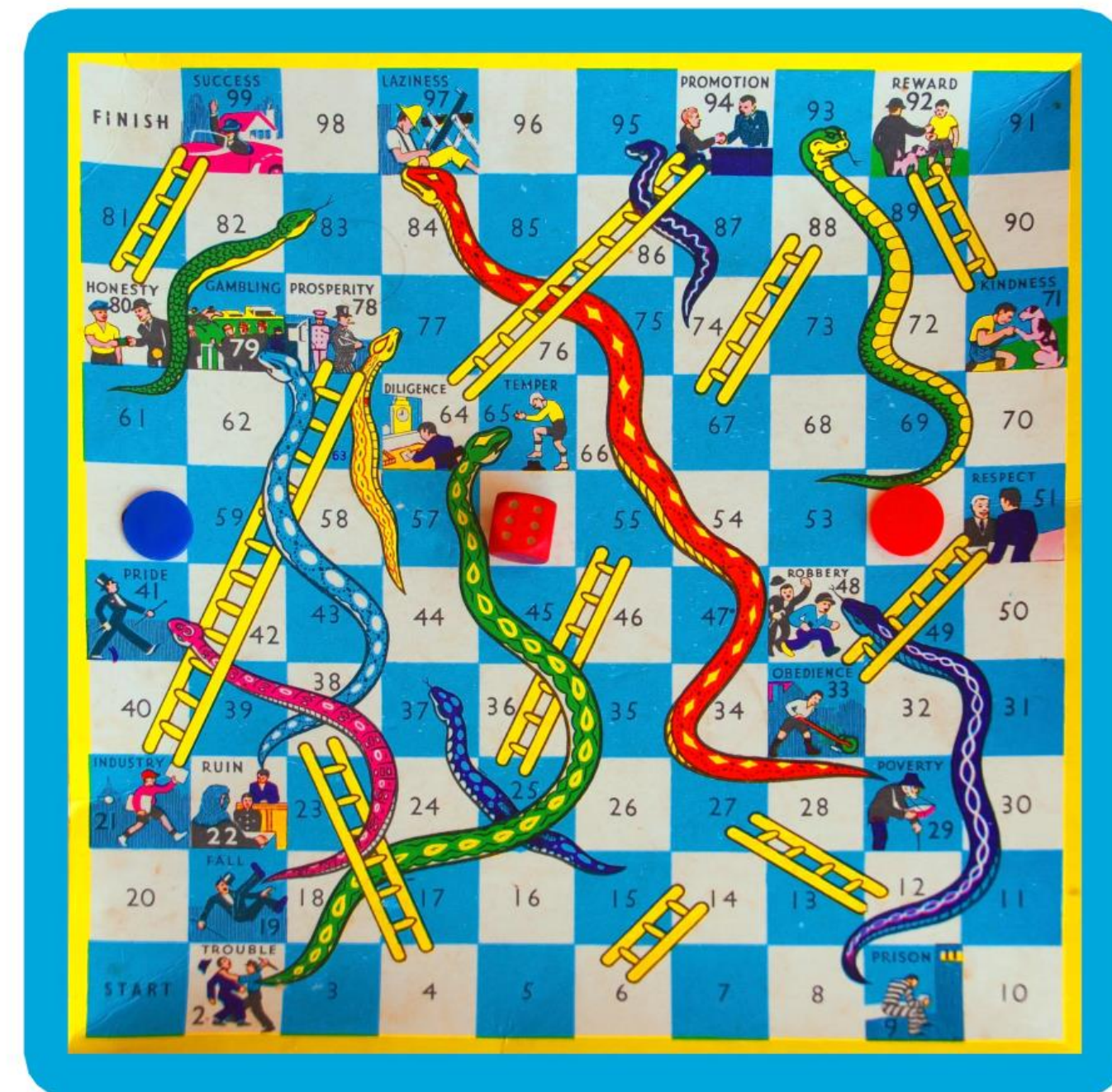
- Recovery needs safety
- Planning safety
- Planning to get started
- Relationship difficulties
- Sleep difficulties
- Safe coping exercise
- A final thought....

Brief breathing exercise



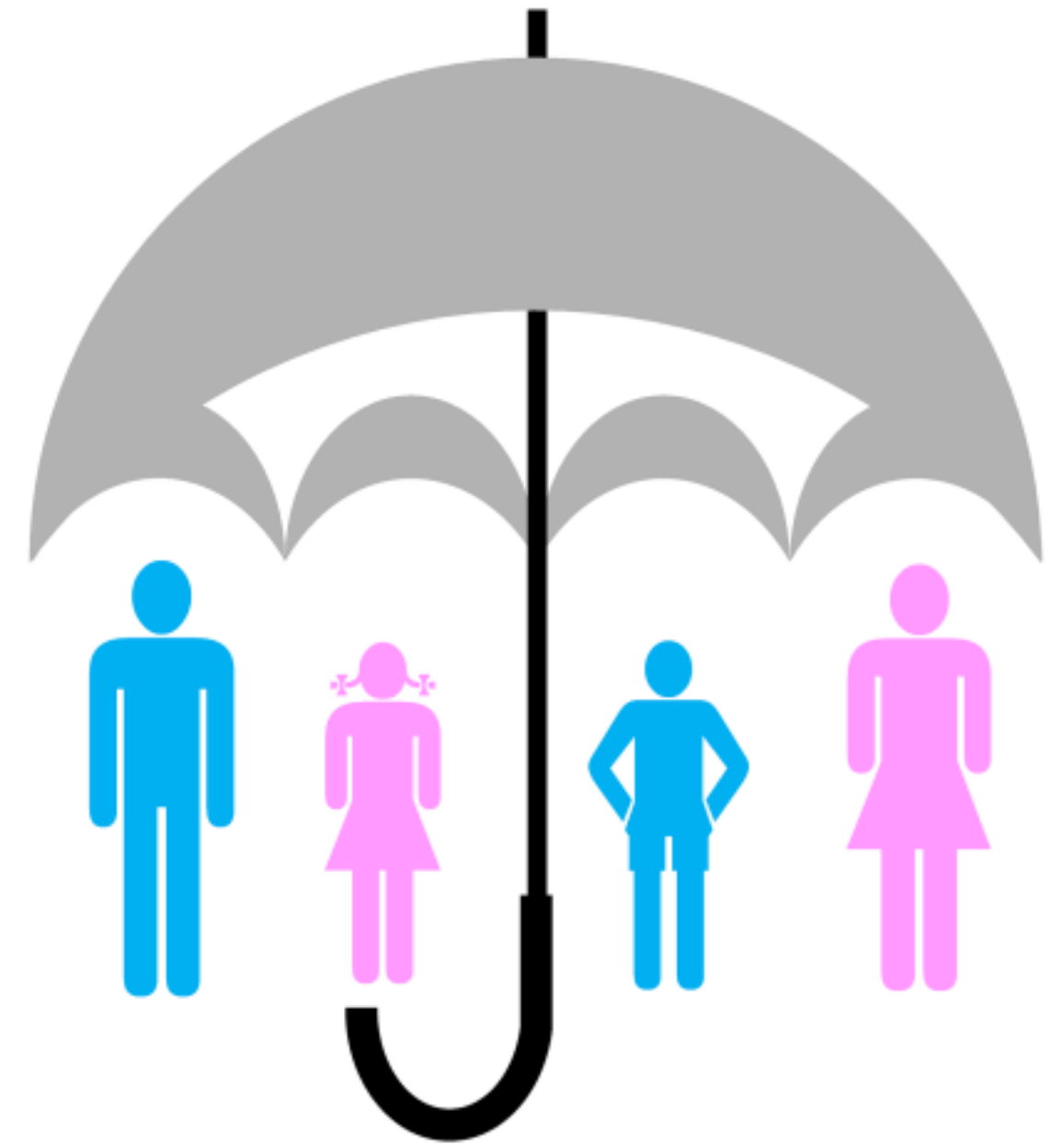
Recovery needs some safety

- You cannot get on with the snakes and ladders game if you only have snakes.
- It is important we support you to make yourself as safe as possible.



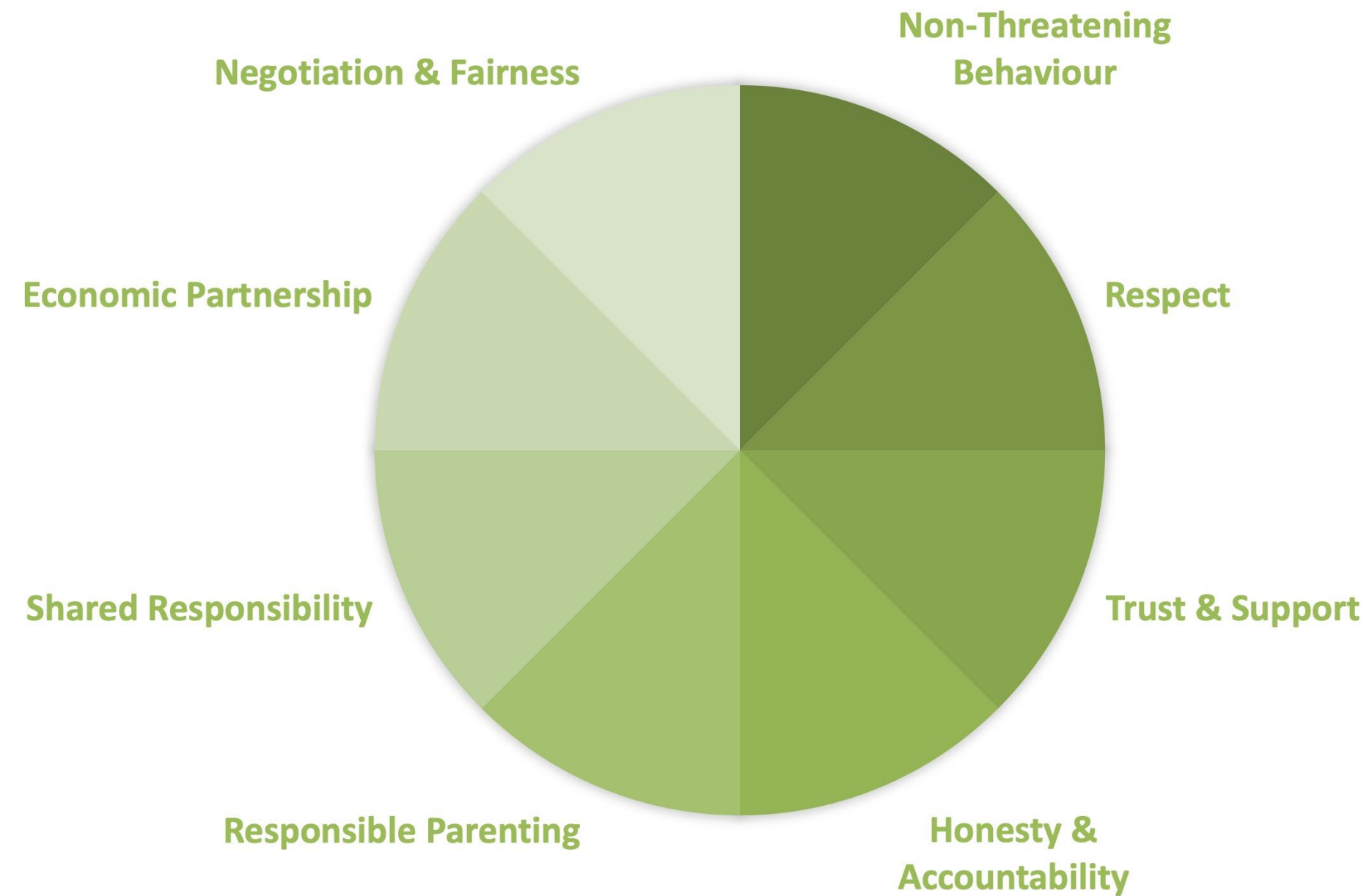
Some ways you may not be safe

- You may still have to see someone who hurt you in the past.
- You may be experiencing domestic abuse.
- You may feel suicidal at times because of your difficulties.



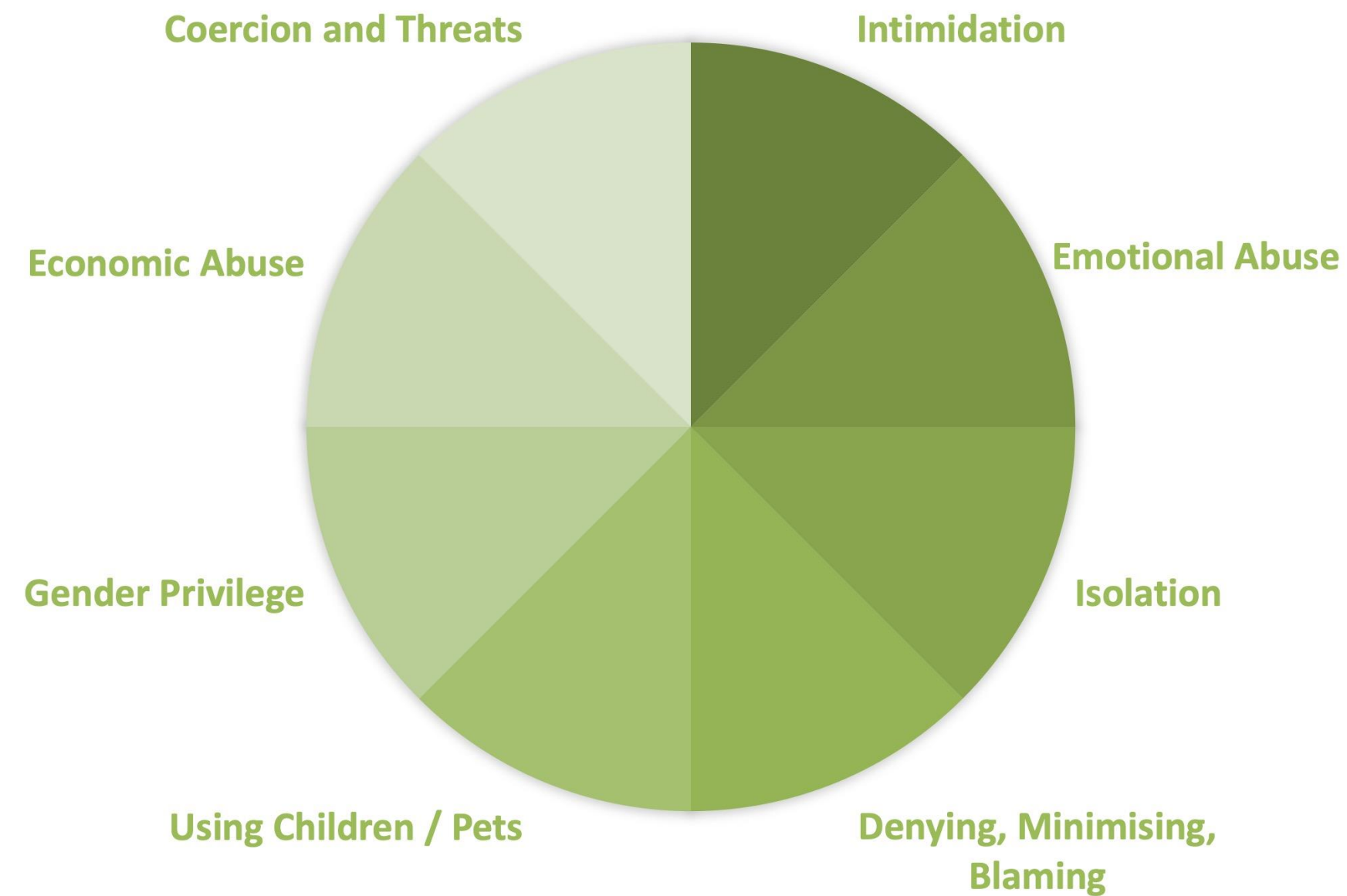
Safety planning—relationships

EQUALITY WHEEL

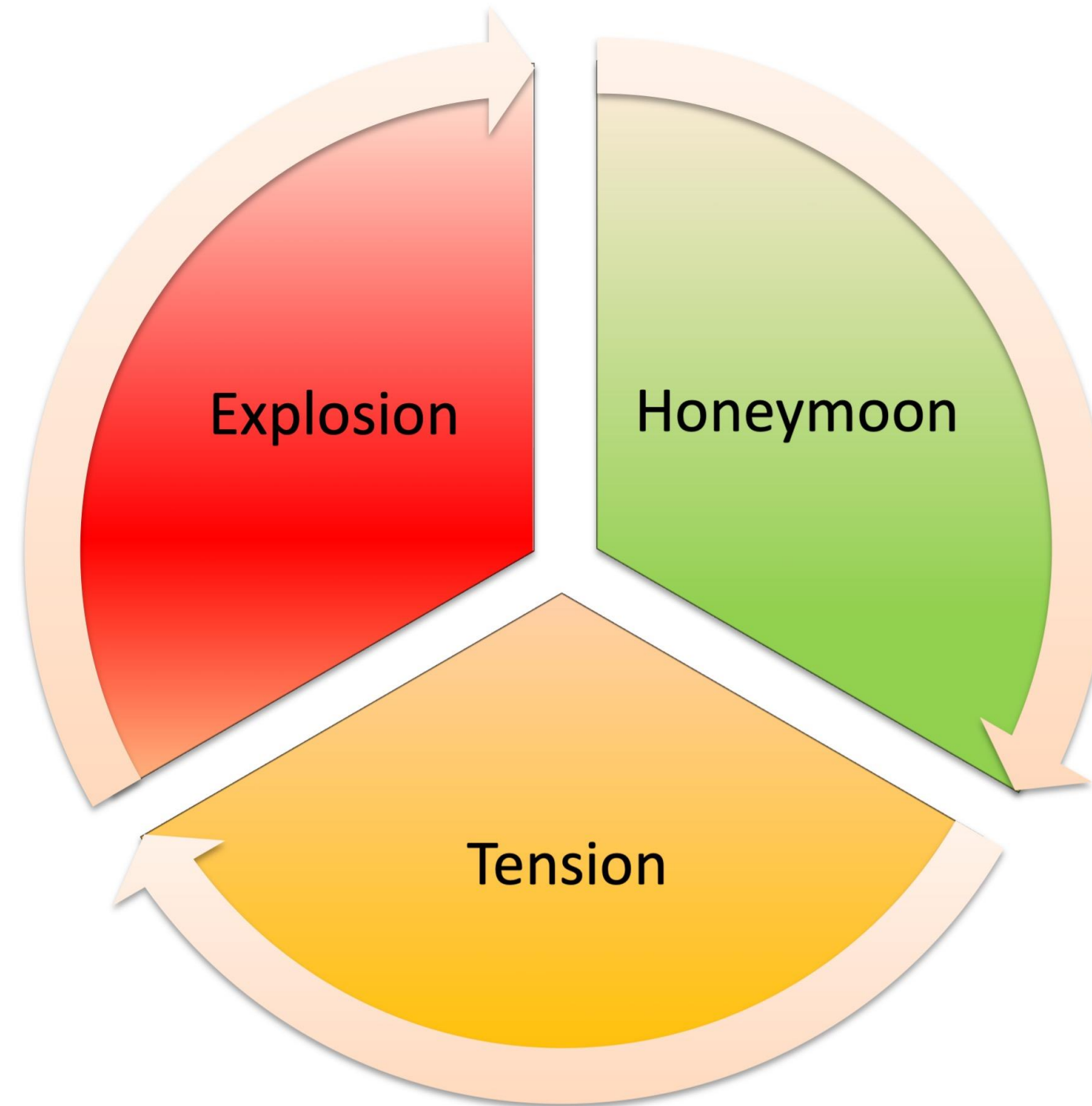


Safety planning—relationships

POWER AND CONTROL WHEEL



Cycle of Abuse



Domestic abuse and children



Coping with domestic abuse

- Safety planning—having money, important documents, medication, stuff the kids need in a bag safely hidden but accessible in case you need to leave in a hurry.
- Talk to people about what is happening
- Never threaten to leave
- 999 if urgent risk
- Domestic abuse and forced marriage helpline
0800 027 1234
Online live chat
helpline@sdafmh.org.uk
- Women's Aid services

Coping with contact with someone who hurt you in childhood

- Is there ongoing abuse? Ask for help from someone you trust.
- Can you plan visits where you are less likely to meet him/her?
- How can you prepare yourself i.e., rehearsing how to get away?
- Is there an ongoing risk that you might need some advice to deal with?

Coping with suicidal feelings

- Have your support phone numbers ready. The numbers are also in your handouts.
- GP, CPN, Support worker, supportive friends
- Samaritans **116 123**
- Breathing space **0800 83 85 87**
- NHS 24 **111**
- Apps
- Online

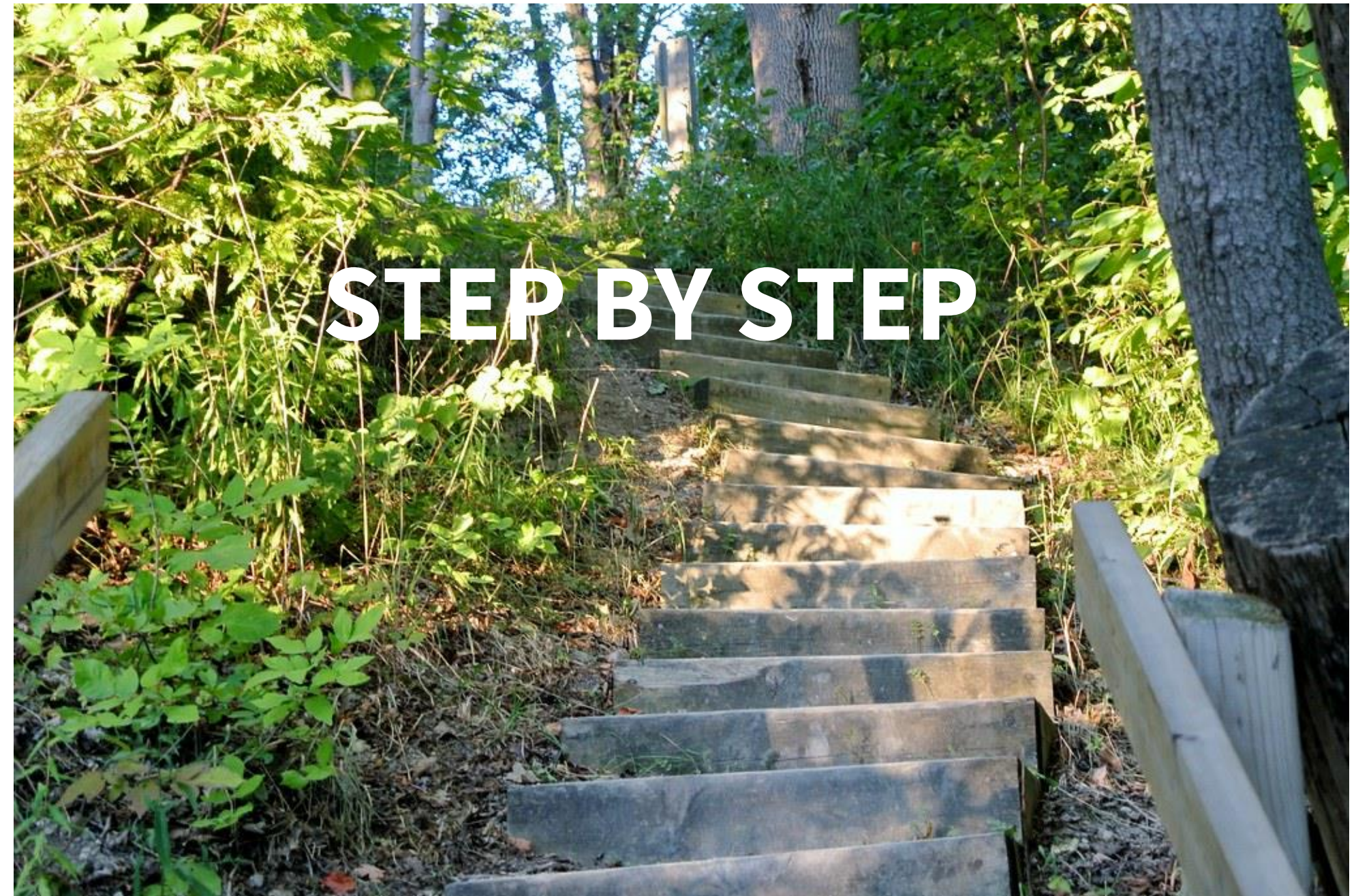
Getting started

- Getting started is about taking care of yourself.
- Survivors of abuse and trauma sometimes don't look after themselves.



Planning to get started

1. Daily treat.
2. Good fuel for recovery—taking care of what you eat.
3. Not too much caffeine.
4. Try a little exercise.



Planning to get started

5. Consider what alcohol you are currently drinking.
6. Consider your use of drugs



Planning to get started

7. Looking after your health.
8. Making and/or keeping safe friends.

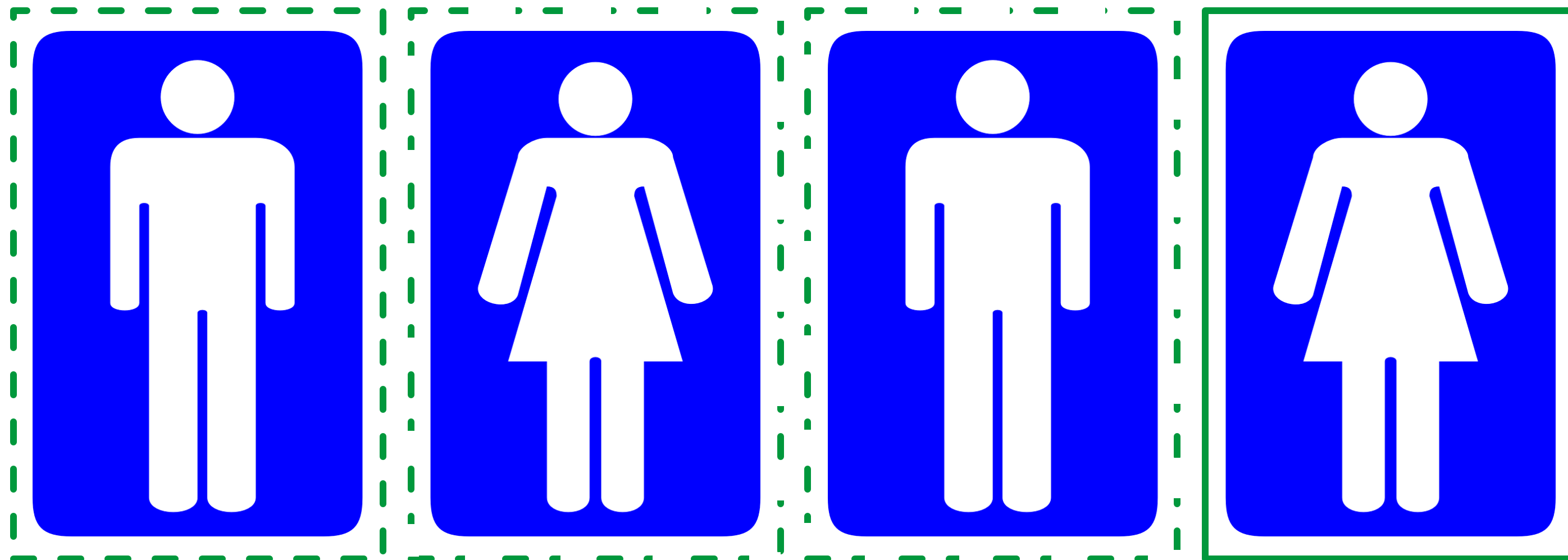


Remember...

**You are
incredible**

Boundaries and relationships

Examples of boundaries and relationships



Healthy

Too 'loose' / open, could be risky

Too rigid / inflexible

Relationship warning signs

- Regular criticisms or verbal attacks
- Pressure tactics to make decisions
- Guilt trips, threatening to withhold things
- Abusing authority—telling you they are right
- Disrespecting you, interrupting you
- Putting down your family or friends
- Abusing trust, cheating on you, being overly jealous
- Breaking promises

Relationship warning signs

- Not expressing feelings
- Not giving support
- Not respecting your rights or feelings
- Minimising, denying, blaming you for abusive behaviour
- Controlling your money
- Isolating you
- Harassing you
- Not taking your concerns seriously

Healthy relationships can make you feel...

- Safe and happy
- Respected and treated as an equal
- That you are valued
- Enjoyment in the company of that person
- Able to trust that person not to hurt you
- Confident to speak your mind

Something to try...

Have a look at the cards and try to sort out these situations into:



Safe



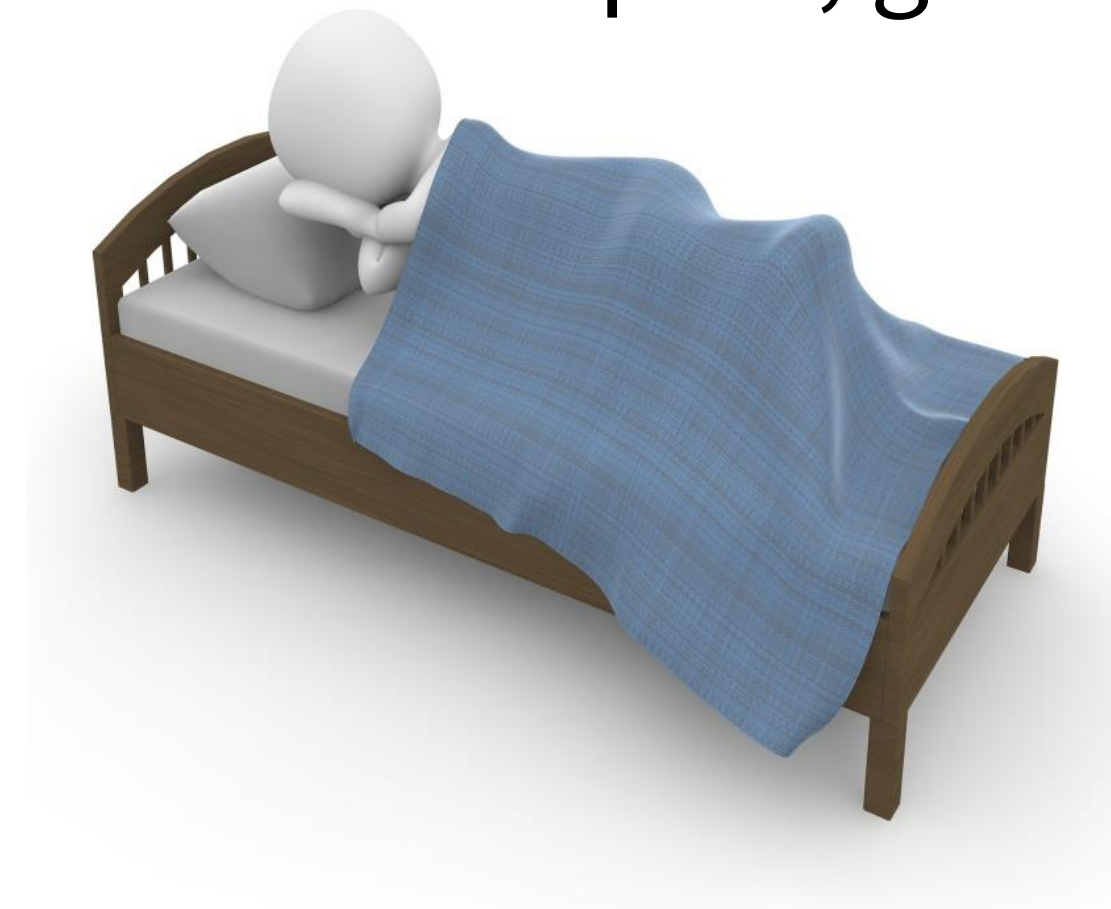
Unsafe



Need more information

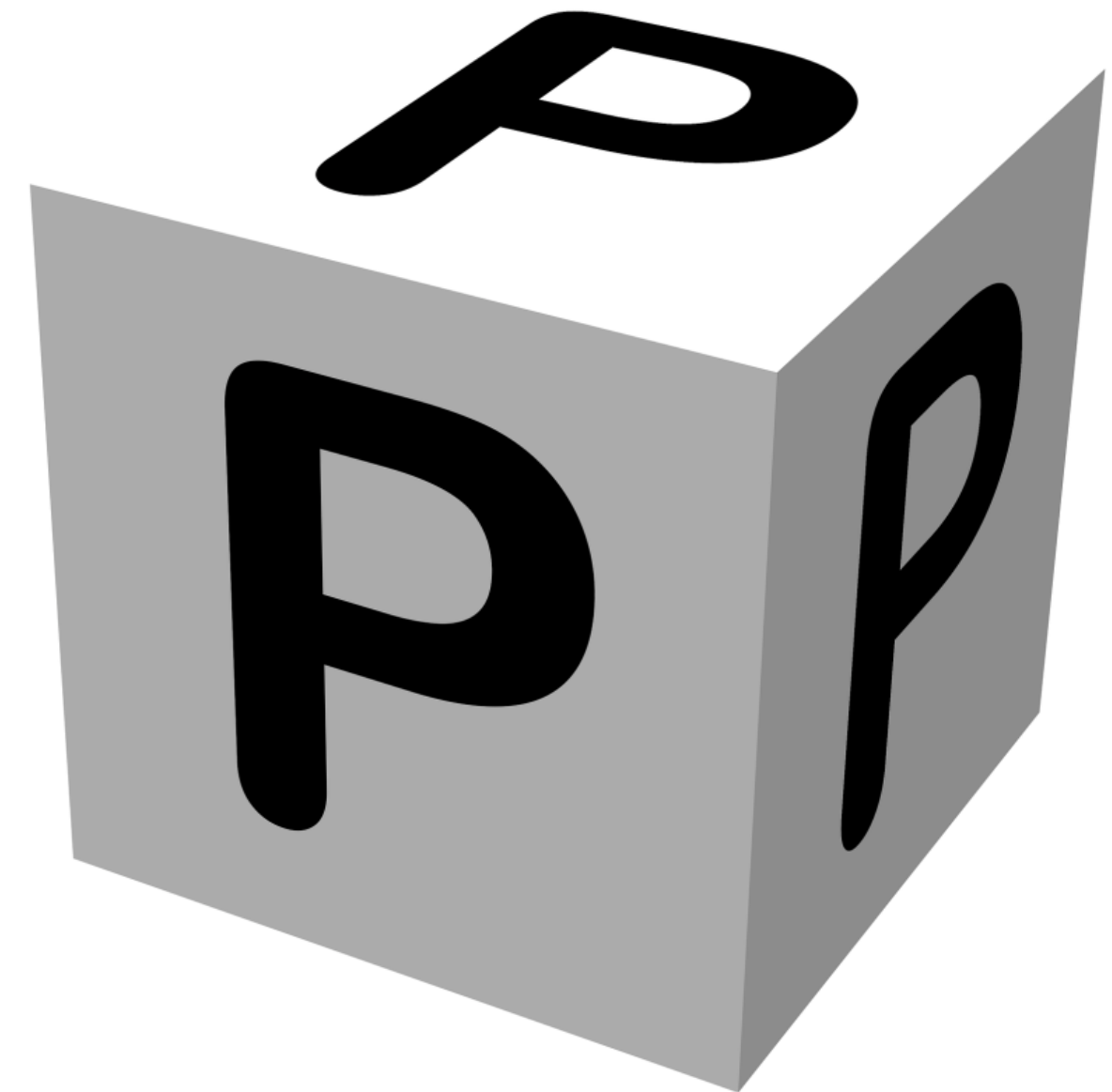
Sleeping difficulties

- Try not to nap
- Reduce or avoid caffeine especially in the evenings
- Do a little exercise earlier in the day
- Reduce or avoid alcohol
- ‘Switch off’ time
- Avoid using electronics in bed
- If you don’t drop off, get up



The 3 Ps

- Preparation
- Practice
- Patience



Helping to get ready for sleep



A final thought

“The journey of a thousand miles begins with one step.”

Lao Tzu