

## **Self-affirmations for Those Healing from Sexual Abuse**

I am not quite healed; I am a healing-in-progress.

I was a needy, innocent child; someone took advantage of me. I wasn't bad; something bad was done to me.

I matter to God—the one who has the power to heal me.

God gave me emotions; the more I heal, the more aware I become of what I feel.

I may feel lonely, but I am never alone; God is with me.

When I speak aloud about my shame, I am healing my shame and empowering myself.

I'll never be fully healed if I hide the secrets of my past. A big step—and a difficult one—is to move out of darkness into light.

I don't like to feel the pain again, but the only way out of the pain is to go through it again.

Grief is not my enemy; it testifies that what happened really does matter.

I can turn from the lies I believed; I can embrace the truth because the truth sets me free.

Forgiveness is difficult for me, but it's simple for God. He's the expert, and he teaches me how to forgive.

My perpetrator(s) did wrong. My best revenge is to extend compassion.

Admitting I need help is a sign of humility, not weakness. Reaching out for help is a sign of courage.

My childhood was stolen from me, but I can rescue my inner child and become whole.

I don't have to keep listening to the same words inside my head. I have the power to change them.

Because I seek divine wisdom, I will receive it, and I will grow.

*(These statements were adapted from Not Quite Healed: 40 Truths for Male Survivors of Childhood Sexual Abuse, written by Cecil Murphey and Gary Roe: Kregel Publications, 2013.)*

## **Simple Prayers**

God, heal the parts of me that don't want to be healed.

Thank you, God, that you love me as much as you love other people.

God, remind me that today I can choose to redefine my life. Today I can start again.

Forgiving God, enable me to forgive those who have hurt me—even if they never ask.

Loving God, show me the truth about myself, no matter how wonderful it may be.

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