

**EXERCISE 5: FIND THE INFORMATION YOU NEED FOR YOUR HEALING JOURNEY**

You already have a lot of inner strength and resources to help you move forward in your healing journey. However, we all need to develop new knowledge when we're going through hard times we haven't faced before, and that includes the difficult process of recovering from verbal abuse. In this exercise, you'll map out the knowledge you have already, along with what you need or would like to have in terms of additional information to support you in your recovery process.

First, what are some of the key pieces of information you already have about verbal abuse and the abuse recovery process?

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Second, what questions do you need answered to help you better understand verbal abuse and the abuse recovery process?

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Third, what are some sources of information you could turn to? Take time to search for credible resources—such as books, websites, and workshops—that may be helpful to learn more from, and list them below.

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