



## Feelings Of Happiness

You read this right! Happiness! You just survived something that some people could never grasp. That fact alone is amazing and powerful. You have regained your life (or are just starting to!) and are beginning a new chapter. You are no longer living in a repressed state—you are free.

Why It's OK: You may be thinking it's impossible to be happy after living through such a dark time, but some people are joyful survivors! It may not be right away (or maybe it is!), but it's OK to be happy. You are strong and capable and a fighter. You are taking control and that's a great reason to be joyful.

Similar Emotions Felt: Bliss, strength



# SEE THE Triumph

## Feelings Of Fear

It is very common to feel fear. Fear your abuser will be back, that you will fall into another similar relationship, fear that you can't trust yourself. Fear is very powerful controller in fueling what we do and don't do.

Why It's OK: You just went through possibly the toughest part of your life. It makes sense to fear the future. But as long as you know the signs and reach out for help, you can shed light on the fear and the possibility of anything like it from happening to you or loved ones again.

## Feelings Of Anger

How could this happen to me? How could they do this? An abusive partner takes from you, holds up your life, and controls you. You don't have the freedom you deserve. They want to command how you live your life and that can be angering. Imagine telling a friend what they can do and where they can go—they would be upset! They would be angry!

Why It's OK: Anger shows that you are still feeling and that you haven't lost hope. Anger can be good! You deserve to be angry with your abuser; it shows that you want to fight for what they've taken.

Similar Emotions Felt: Confusion