

EXERCISE 2: THE PERSON I USED TO BE

Many survivors feel as though they lose touch with the person they were before they faced abuse. When you're being abused by someone who is trying to control you, you may lose a sense of who you are and lose sight of certain aspects of your personality, such as your hobbies, your taste in food or music, your ways of thinking, and sources of joy in your life. Some survivors feel that being abused led them to feel less innocent and lighthearted.

In this exercise, take time to reflect on how being abused has affected your sense of connection with yourself. In the space below, reflect on the following questions:

What were you like before you faced verbal abuse?

How did the abuse temporarily change your sense of self or aspects of your personality?

Which aspects of your pre-abuse life do you want to work toward reclaiming during your recovery process?
