

RECOVERY WORKS

March 2012

LINDA'S THOUGHTS

**As always, take what you like
and leave the rest.**

Step 2: Came to believe that a power greater than ourselves could restore us to sanity.

A few things jump off the page at me. The first is "Came to believe". This tells me that healing is a process, sometimes a long, grueling process. We need to be patient with ourselves, treating ourselves with dignity and respect. Recovery isn't an event; it's a day to day part of our lives.

Next I'm impressed with "a power greater than ourselves". I believe there is a power greater than I, but is that power greater than my perpetrator? Is that power greater than the depth of my pain, my inappropriate shame, guilt and endless fears?

The answer is yes. Healing is possible. It usually doesn't happen quickly, but a loving Higher Power can heal. Old timers can attest to this. Even the newcomer who has found SIA, can assert that healing has begun just by learning that s/he is not alone.

The last part of Step 2 is "could restore us to sanity". In some ways, I knew I wasn't objectively looking at the abuse. I knew I was still looking at it through the eyes of an 8-year-old who was trying to get her mommy to love her right. (I was emotionally, psychologically and sexually abused by my mother.) She didn't love me when I was 8, and she wasn't going to love me as an adult especially when I stopped acting like a victim. Mothering or "reparenting" myself is a life-long goal, but I am learning everyday how to be good to

the child inside me. I am truly in awe of her and every one of us.

I've had intense fears as far back as I can remember. This section of the Step caused me distress. I was already afraid I was going insane or would if I let the lid off my anger and pain. As a child, I didn't understand dissociation, but I didn't think other children were going to "the white space" where I found myself some days.

Was that insanity? No. It was survival. What a creative way for a child to endure the unendurable! We were brilliant, and survived we did!

I was also terrified that if I really got angry, I'd go insane. I thought I would explode. When we hold a cork in a bottle for so long, we begin to think that what is inside the bottle is extremely powerful, yet holding the cork down is what takes all the energy.

Feelings are distressing, not dangerous unless we deny them or displace them (on our inner child for instance). I can feel them and let them go.

Linda D.

"A grateful heart sits at a continuous feast."

Co-founder/Executive Director
Survivors of Incest anonymous
World Service office, Inc.

Her Keynote Speech is available in cassette and CD. Please specify which one you want when ordering. \$20. + \$3.00 s/h.

SEE YOU IN UNIONTOWN!

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Terrorized

Waves of terror pass through me

Nails on a chalkboard have nothing on the
raw terror of a child

How many more terrorized children will
find their voice within me?

How do we convince them that today,
now, we are safe?

When can the vulnerable feel safe and
protected and loved?

Aching to feel safe loving arms around a
hiccupping, crying child

Shattered but not irrevocably broken...

Lisa.

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DO YOU HAVE TALENT?

The WSO is looking for poetry, artwork or
recovery articles to include in the next
Newsletter. Please send them to: SIA,
PO Box 190, Benson, MD 21018 **with**
written permission to print it.