

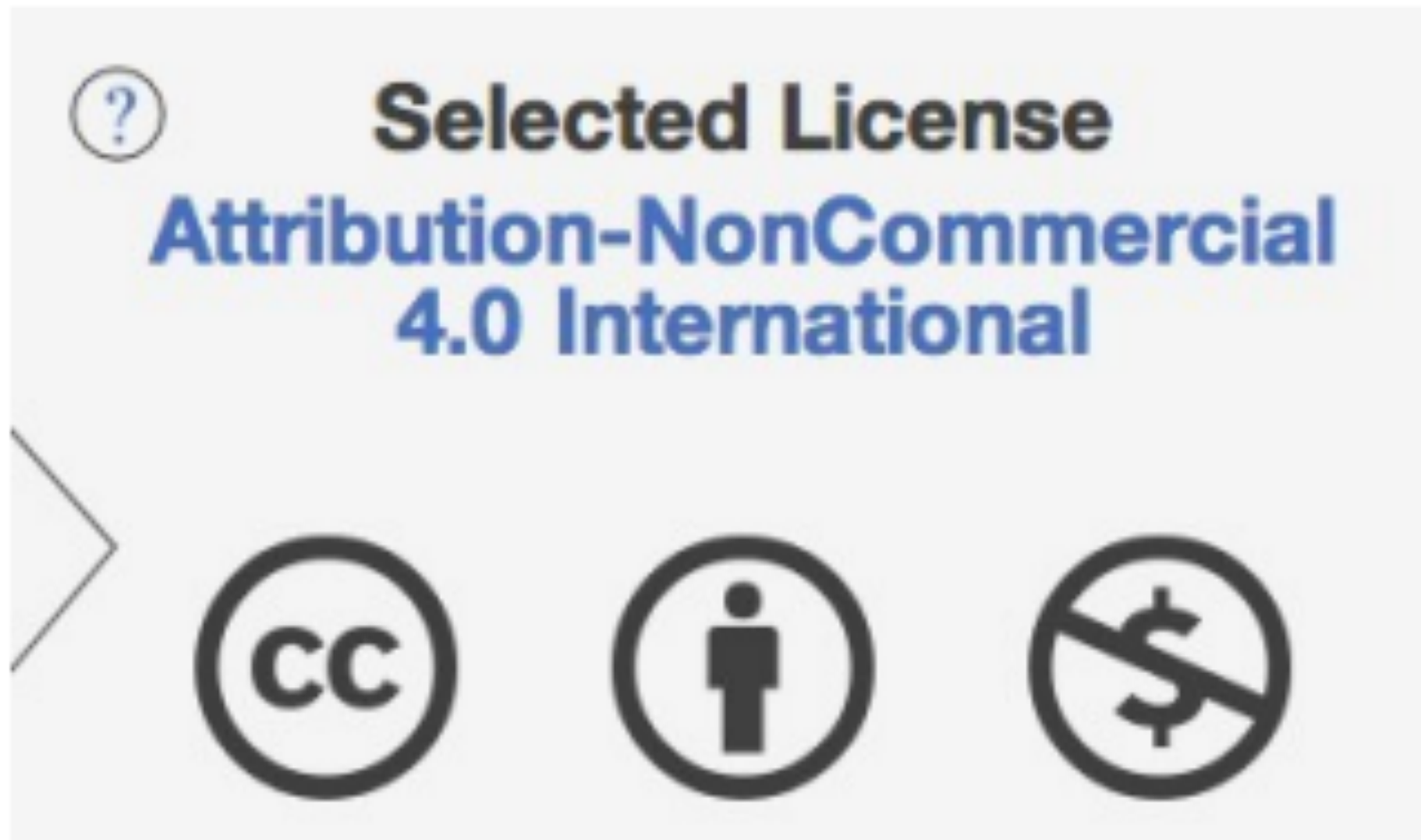
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# IT'S NOT JUST YOU **by** **MALLY TAMALE-SALI**

100 INSIGHTS FROM CSA SURVIVORS, EXPERTS, AND ADVOCATES FROM  
AROUND THE WORLD



## IT'S NOT JUST YOU



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# PREFACE

Hi. I'm Mally. I'm 33 years old, and I'm a wife and a mother of four...and pregnant with baby number 5 due in May 2015 (I'm 20-weeks pregnant!)

I am also a survivor of childhood sexual abuse, incest, C-PTSD, depression, PND (PPD), suicide attempts, loss, rape, mental abuse, emotional, physical, psychological and spiritual abuse, suicide attempts, substance abuse and severe depression. I've shared some of this on my blog called **Think Speak Run**. And on Sunday 19th October 2014 - a day after our sixth wedding anniversary - I stood up in front of a group of people at a local Welsh Baptist Church, and shared my testimony about the things that God has brought me through as a CSA survivor. [Here's the link](#) to what I shared.

But as liberating as it was to step out from behind the screen and share my real story with that room of people, the truth is that it wasn't enough. All around the world, millions of men and women are silently suffering the devastating effects of sexual abuse experienced in their childhood. And one of the great tragedies of this is that as common an experience as childhood sexual abuse is...1 out of the next 4 women and 1 out of the next 6 men that you meet...each victim of CSA is left feeling isolated, voiceless, and asking themselves: "Is it just me?" or "Am I the only one going through this?"

So to answer this question, my husband David and I decided to put together a free ebook called ***It's Not Just You***. Our simple idea was to reach out to 365 CSA survivors, experts, and advocates all answering a single question that is the basis of this book. And the plan was to gather all 365 responses into a free ebook that we'd release by Christmas Day 2014, where the ebook would enable each CSA survivor to know that they're not alone...that it's not just them.

We sent our first email out on Monday, 10th November 2014, at 8.53pm, with the simple heading: ***Please can I have a 61-second interview with you for our new book for CSA survivors?*** And after sending out 1,452 individual emails, scheduling several Skype calls with people wanting to know more about the project...on top of looking after 4 kids (11, 5, 3, 2), attending hospital scans for the pregnancy, David working a full-time job and building an online business, PLUS having to suddenly pack up our entire house and move our family overseas to Uganda...the end result is this book that you're reading right now.

# PREFACE COPY

It doesn't have 365 entries as we'd hoped for, and we didn't finish it in time for Christmas (we're three days late). But what it does have is 100 immensely generous and powerful insights from CSA survivors and non-survivors from around the world, who have stepped forward to let you know that no matter what you're going through right now...it's not just you. You're not alone, and this book has the names and contact details of 100 people who believe you, believe in you and are 100% looking for you to survive and thrive in spite of all that you're going through right now.

Each contributor was asked the same question, and each one of them was given '61-seconds' to answer it. Some took that literally, and melted their keyboards with the speed of their typing. Others used a 'metaphorical 61-seconds' and took a moment out of their extremely busy schedules to share valuable insights that you'll read in this book. We personally reached out to thousands of people that we believed would add value to this project, and whatever answer they provided to the question we asked them...that's exactly what we've put in this book, exactly as it was emailed to us (complete with typos), in the exact chronological order that we received it.

Why? Because when it comes to sharing your story and your truth as a survivor, it doesn't matter *how* you say it, or even *what* you say. All that matters is *that* you say it...because speaking *it* out - whatever your *it* might be - is the key to your freedom and destiny.

I'm sorry that we weren't able to get 365 entries for you in this book. And I'm sorry that we weren't able to get this book out to you in time for Christmas Day 2014. Hopefully what we were able to do will be of value to you and worth sharing to as many people as you can give it to. But if you do nothing else with it, we hope you really take to heart this one thing: it's not just you, and we believe you.

So here's the book, enjoy it, and let us know what you think about the last page.

Faithfully yours,

Mally and David

**(28th December 2014)**



IT'S NOT JUST YOU

Ok, here's the question:

IT'S NOT JUST YOU

If you could only share one thing  
with a victim of Childhood Sexual  
Abuse, what would it be?



IT'S NOT JUST YOU

On your marks...

IT'S NOT JUST YOU

get set...



# IT'S NOT JUST YOU

...

1 IT'S NOT JUST YOU

**DR PAMELA PINE,** CEO AND  
FOUNDER AT STOPTHESILENCE.ORG

"You are (you really, really, really are) wonderful, and getting better (really, really, really better) all the time. Just keep moving forward."

[www.stopthesilence.org](http://www.stopthesilence.org)

Pamela's [LinkedIn](#) profile





2 IT'S NOT JUST YOU

# MARILYN VAN DERBUR,

BEST-SELLING AUTHOR OF 'MISS AMERICA BY DAY'

"The pain ends - I promise - if you do the "work" of healing."

[www.missamericabyday.com](http://www.missamericabyday.com)



### 3 IT'S NOT JUST YOU

## MATT ATKINSON, AUTHOR OF 'RESURRECTION AFTER RAPE'

There are two things I wish every survivor of CSA could know, and which might help the healing process become less confusing and painful. First, we don't set our own schedules for when healing will happen, or how long it will take. This trauma will stay with you for a while, and that's not your fault--it's not lingering in your mind, emotions, and spirit because there's something YOU aren't doing right, or because you're not being strong enough. In fact, for a long time it might even be possible to resume a near-normal life, as if none of this had happened. It can be buried for a long time, it can be ignored, it can be compressed. I've found that if we're not ready to cope with it, nothing we can do will make it better. But when we ARE ready to cope with it, nothing we can do will stop it from coming up and demanding that we pay attention to it now. In my work as a therapist, I worked with many adults--women and men--who had no idea why something that happened years and years ago was only now coming up in nightmares, anger, spiritual numbness, and panic attacks. When it's time to take this stuff on, you have to do it--it won't go away. That also means that pressure from other people--"why aren't you over this yet? You need to let it go. You need to forgive and move on. You need to let God handle this!"--may be well-meaning, but it's





just wrong. Trauma takes as long as it takes to work through, and you can't feel guilty about the schedule.

The second thing I wish every survivor of CSA could know is that even when you do begin to work through it, the feelings might get worse at first, not better. A good therapist will help, but when you start to deal with this stuff it can feel overwhelming at first, and you may regret beginning to talk. You may even feel like it was a mistake because "now I'm going crazy!" The emotions and physical feelings you have about your experiences can surge at first. But it's like getting rid of poison in your body: the process is painful, but ultimately healing. It has to come out. Talking to a compassionate listener is one of the most powerful ways to heal; just feeling heard and understood creates such a spiritual strength! It moves us from being terrified that we would be rejected, misunderstood and alone, to discovering that there is actually support, acceptance, and understanding out there. It moves us from "Am I the only one?" to "No, you're not alone. It's not just you."

[www.resurrectionafterrape.org/](http://www.resurrectionafterrape.org/)

[www.letterstosurvivors.com](http://www.letterstosurvivors.com)

[www.mattatkinsonart.com](http://www.mattatkinsonart.com)

## 4 IT'S NOT JUST YOU

# ROBERT ALLARD, CALIFORNIA

LAWYER OF THE YEAR (2012) IN THE FIELD OF  
PUBLIC JUSTICE

"You are not alone. The more that I learn about childhood sexual abuse, the more that I realize how rampant this problem is. There are a lot of evil people out there and children are an easy target because they can be easily manipulated. Once you have recognized that you are a "victim", you have a choice as to whether you want to somehow turn this into something positive. Use your story to educate others. Bring light to this insidious problem. Speak out. Get involved. You may not know it but there is a reason this happened to you. Don't let your abuser ruin your life. Show him that you are strong, that he has not beaten you and that you are going to use your story as a way to bring him and his fellow molesters to justice and make the world safer for children. You are in control of this, not him. He does not control you anymore. Make a difference."

[www.cmalaw.net](http://www.cmalaw.net)

[Robert's LinkedIn profile](#)



5 IT'S NOT JUST YOU

## JONATHAN LITTLE,

EXPERIENCED ATTORNEY FOR SEXUAL ABUSE  
VICTIMS

“None of this is your fault; you are not guilty for anything. You were a kid and the adult who abused you should have had the self control to leave you alone to grow up and learn on your own. That being said you are not alone this happens way more than you realize, it does not make it right by any means.”

[www.athleteabuse.com](http://www.athleteabuse.com)

[Jon's LinkedIn profile](#)

[Jon's Blog](#)





## 6 IT'S NOT JUST YOU

### IRVIN MUCHNICK, WRITER AND INVESTIGATIVE JOURNALIST

“Some survivors (and with the term “survivors,” we’re talking mainly, though not exclusively, about women) have been gang-raped for hours and, in their adult lives, successfully got past the trauma. Some had one brief over-the-line encounter with an authority figure and were irreparably damaged. But a victim has no hope of finding out whether she’ll wind up in the first group or the second group until she gives articulate voice to the unconscionable pain she endured, breaks through the taboos and the silence, and seeks accountability and closure. Reporting on this subject has been a journey of education and spirit. As a parent, I am grateful that this outrage has never been visited upon my own children, and I am determined to do all I can to help those families with different stories.”

[www.concussioninc.net](http://www.concussioninc.net)

[Twitter: @irvmuch](https://twitter.com/irvmuch)





7 IT'S NOT JUST YOU

## DR CATHY KEZELMAN, PRESIDENT AT ASCA (ADULTS SURVIVING CHILD ABUSE)

“When the going gets tough just know that it can get better. Look around and find someone who can hold the hope for you, even when you can’t. Who can be there to walk alongside you, as you journey along your path to recovery.”

[www.asca.org.au](http://www.asca.org.au)

[Cathy's LinkedIn profile](#)





## 8 IT'S NOT JUST YOU

# HOMAYRA SELLIER,

## PRESIDENT AND FOUNDER OF INNOCENCE IN DANGER

Where I was born matters in this story : in Iran, i had to leave my country with a number of friends and my twin sister when war stroke, sent to France "to be safe", its in Paris, in what is called the golden triangle; where we were offered the company of elderly men against money, we did not even understand what it means back then.

Iran had no relation with the world for months/years due to war, some of us were in need of money to live, survive and continue studies.

This is the only reason some may have accepted this invitations.

I married and had a baby boy, when one morning i received a letter from one my very dear friends of those days.

It was a letter to say bye, a letter to explain her suicide.

She had just met a man who loved her, but she could not love him back, she felt dirty and not worthy of love...

She said : Homayra - i have had no one to talk to since those men raped me, my family is far and i have too much shame in me, i rather not live any longer, this shame will never leave my soul and my body, maybe if you were here now, maybe if i could talk to someone, i would not want to die.



She killed herself, and its then i decided to be those ears to listen, those hands to give courage and restore a lost dignity and make it possible for victims to choose life and hope over despair and self destruction .

I have hold hundreds of hands and i want to say to victims, "you do not remain victim all your life, the key is inside the door, open the door, make the choice to free yourself and move on" believe me it is possible, and we are there for you .

[www.innocenceendanger.org](http://www.innocenceendanger.org)

[Hodayra's LinkedIn profile](#)

[Twitter: @hsellier](#)

## 9 IT'S NOT JUST YOU

# DAVID CLOHESSY, DIRECTOR AT SNAP (SURVIVORS NETWORK OF THOSE ABUSED BY PRIESTS)

You can get better! You deserve to get better! You probably don't believe this now, but you will believe it someday (and hopefully someday soon): You did nothing wrong. You were a powerless, vulnerable, confused kid. And your perpetrator was a big, powerful, trusted and probably very shrewd adult. He or she is to blame - ENTIRELY - not you.

Congratulations on surviving this horror. And congratulations on having taken the most important (and often hardest) first step toward: you've acknowledged that what you suffered was child sexual abuse. (You'd be shocked at how many of us convince ourselves that what we endured was "not really that bad" or "not really abuse" or "has no real impact on me now. . .it's all in the past.")

Now, take the second step: share your burden with those you trust. The trauma you suffered then, the pain or sadness or addictions you have now. . .these are WAY TOO MUCH for any one individual to try to handle alone.





"But if I reveal this awful stuff, people will think me weird and love me less," your scared self tells you. That's bunk. You'll be stunned and gratified by the support you'll get.

"But it'll make my friends and family feel uncomfortable or ashamed," your scared self tells you. So what? Do you want to take that risk or live the rest of your days in shame, confusion, anger, loneliness and self-blame? Or do you want real intimacy and love and healing?

Think before you tell. Don't be indiscriminate. Ponder carefully about who's most apt to be supportive. You get to choose. Don't guilt-trip yourself or let others guilt-trip you: "Well, if you tell your sisters, then you have to tell your brother too." More bunk.

But break your silence and do it soon. As they say in AA "We're only as sick as our secrets."

[www.snapnetwork.org](http://www.snapnetwork.org)

## 10 IT'S NOT JUST YOU

# HOWARD FRADKIN, AUTHOR OF 'JOINING FORCES: EMPOWERING MALE SURVIVORS TO THRIVE'

It is absolutely possible and achievable to heal, survive and thrive after being sexual victimized as a child, teen, or adult, whether you are a man or woman, no matter what your religious beliefs, your racial/ethnic background, your age, your sexual orientation or gender orientation, and no matter whether you were abused by males or females or both, once, a few times, or many times.

I believe the process of healing is centered on learning how to become disloyal to dysfunction and loyal to functionality.

[www.malesurvivor.org](http://www.malesurvivor.org)

[Howard's LinkedIn profile](#)



## 11 IT'S NOT JUST YOU

### MARCI HAMILTON, COLUMNIST; VERDICT LEGAL ANALYSIS & COMMENTARY AT JUSTIA

It's not your fault and never was. As a society we failed you with laws that protect predators more than children, adults more interested in career, image, and power than your welfare, and a culture of silence for this heinous crime. We are now battling these forces for you and our children, and making great strides. There is so much more to do, and the battle is pitched, but you deserve it. It wasn't your fault.

[www.cardozo.yu.edu/directory/marci-hamilton](http://www.cardozo.yu.edu/directory/marci-hamilton)





## 12 IT'S NOT JUST YOU

# FRANK OCHBERG,

CLINICAL PROFESSOR OF PSYCHIATRY AT  
MICHIGAN STATE UNIVERSITY

Dear Survivor,

You are not alone. Millions of Americans and hundreds of millions around the world have endured and survived outrageous abuse. Sometimes the abuser is a family member. Often it is a bully who intimidates a mother and mom feels like a helpless survivor herself. It can be a person who is respected in the community - a doctor, a pastor, a scout-master. I have encountered all of those situations as a therapist who helps survivors overcome their secret shame.

There is no reason for you to feel embarrassed or guilty - those feelings should be the burdens of the bullies who preyed upon you. But they seldom experience humiliation. That is, unless they are exposed and punished. Then they fall to the bottom of the heap, where they are reviled by every member of society, even fellow prisoners.

We cannot ask all adult survivors of childhood sexual abuse to "come out" and tell personal, intimate stories. You deserve your privacy. But deep in your heart, I'd like you to know that I and my



fellow healers respect you, are glad that you survived, and welcome you to the ranks of those who know hard truths:

This situation exists because we let it exist.

We all have to learn to honor you, the survivor.

We all have to be vigilant to protect those at risk.

We can't just publicize the notorious cases of predators who capture and abuse young men and women.

Too many are captured in their own homes, where they suffer in silence.

Frank Ochberg, MD

November 2014

(I was the government's expert witness against Ariel Castro, who held and abused three women in Cleveland for 10 years. I noted on public television that millions of other women endured similar abuse in their own homes. Women from all over America wrote to me, thanking me for remembering them.)

<http://www.giftfromwithin.org/index.html>



## 13 IT'S NOT JUST YOU

### **BARBARA DORRIS,** VICTIMS OUTREACH DIRECTOR FOR SNAP (SURVIVORS NETWORK OF THOSE ABUSED BY PRIESTS)

I am so sorry to hear that you too have suffered abused. Please know you did nothing wrong. You were just an innocent child. The people who were supposed to nurture and guide you committed horrific crimes instead. Sadly you are not alone, there are thousands upon thousands of survivors all over the world. Please find the courage to break your silence and reach out to a therapist, a trusted friend or a support group, healing is possible. Keeping the secret is a terrible burden to carry.

We may never get justice for the crimes we have endured but we can work to protect the next generation of children. Working with SNAP, the Survivors Network of those Abused by Priests, has saved my life, given me a voice and a purpose. I have the honor of working with survivors every day, people with incredible courage, determination and kindness. Together we can make a difference. We can protect children!

[www.snapnetwork.org](http://www.snapnetwork.org)



## 14 IT'S NOT JUST YOU

**MELANIE SAKODA,** SNAP  
ORTHODOX DIRECTOR & CO-FOUNDER OF  
POKROV.ORG

I think the most important thing for any survivor to know is that you are not alone. It may very much feel like you are alone, but the truth is that you are a member of a significant, but often silent, minority. Look at the statistics: 1 in 4 girls and 1 in 6 boys will be sexually abused by the age of 18. You are not alone! Speak up and reach out, so that others suffering in silence will also learn that they are not alone.

[www.snapnetwork.org](http://www.snapnetwork.org)

[www.pokrov.org](http://www.pokrov.org)





## 15 IT'S NOT JUST YOU

### JOELLE CASTEIX, AUTHOR OF THE WELL-ARMORED CHILD: A PARENTS' GUIDE TO PREVENTING ABUSE

Embrace beautiful things. Laugh. Look at beauty and potential. Realize that when you see beauty and potential, you see yourself. Embrace the powerful person that you are. Bring others into your life through an open heart and giving soul. Embrace boundaries and safety, but take a risk every once in a while. Embrace the belief that only you can make your world beautiful—for you the adult and for you the former child. The only person you can change is you.

[www.casteix.com](http://www.casteix.com)



16 IT'S NOT JUST YOU

## KEN FOLLOWELL, PRESIDENT AT MALESURVIVOR.ORG

"Being sexually abused does not mark you for life. Joy, health, happiness and fullness are all part of what is possible with recovery. Never settle for healed enough, you deserve it all and can achieve it with the help of friends, family and professionals. Life is better when I risk trusting and loving again."

[www.malesurvivor.org](http://www.malesurvivor.org)





17 IT'S NOT JUST YOU

**DR JACQUI LINDER,**  
CLINICAL TRAUMATOLOGIST AND CLINICAL  
DIRECTOR AT BE BRAVE RANCH

I would say that healing from child sexual abuse is not only possible, with the right person and approach, it is inevitable.

<http://bebraveranch.littlewarriors.ca/>



# PATRICK PARKINSON,

PROFESSOR, SPECIALIST IN FAMILY LAW &  
CHILD PROTECTION AND AUTHOR OF 'CHILD  
SEXUAL ABUSE AND THE CHURCHES'.

God can take the sting from the most searing wounds. You can and should never forget, but the pain need not dominate your life into the future.

[Patrick's profile at the University of Sydney](#)

[Child Sexual Abuse In The Anglican Church of Australia](#)

[Suffer the Teenage Children: Child Sexual Abuse in Church Communities](#)

[Child Sexual Abuse and the Churches: A Story of Moral Failure?](#)

[Breaking the Long Silence: Reports of Child Sexual Abuse in the Anglican Church of Australia](#)



## JUNE CARBONE, PROFESSOR OF LAW AT UNIVERSITY OF MINNESOTA LAW SCHOOL

It gets better. I remember wondering as a child what I could share and what I couldn't and not even having a vocabulary to describe my concerns. Receiving this email reminded me of one incident I have never shared. At the time it happened, I knew something was off, but had no idea what was wrong. Now, I know and while my experience was mild and not particularly traumatic, the other person involved went on to molest his own children and probably others when he got older. Creating a way to talk about these things will help.

[June's profile at the University of Minnesota](#)





## 20 IT'S NOT JUST YOU

### **JIM STRUVE,** PSYCHOTHERAPIST AT JIM STRUVE, LCSW, & CO-CHAIR, MALE SURVIVOR WEEKENDS OF RECOVERY

No matter what the circumstances of your sexual abuse history, - whether as a child or an adult - healing is absolutely possible. By learning & practicing the skills of mind-body awareness, victims of sexual trauma can find a way to ground themselves in the present tense. This will provide freedom from residual fears of whatever may have happened in the past or anticipation of what might occur in the future.

Living in the present - plus calming the projected fears of past or present - provides the foundation for healing and a healthy healing.

[www.jimstruve.com](http://www.jimstruve.com)





## 21 IT'S NOT JUST YOU

### **KIM OATES,** EMERITUS PROFESSOR, SYDNEY MEDICAL SCHOOL AND FORMER PRESIDENT OF THE INTERNATIONAL SOCIETY FOR THE PREVENTION OF CHILD ABUSE AND NEGLECT

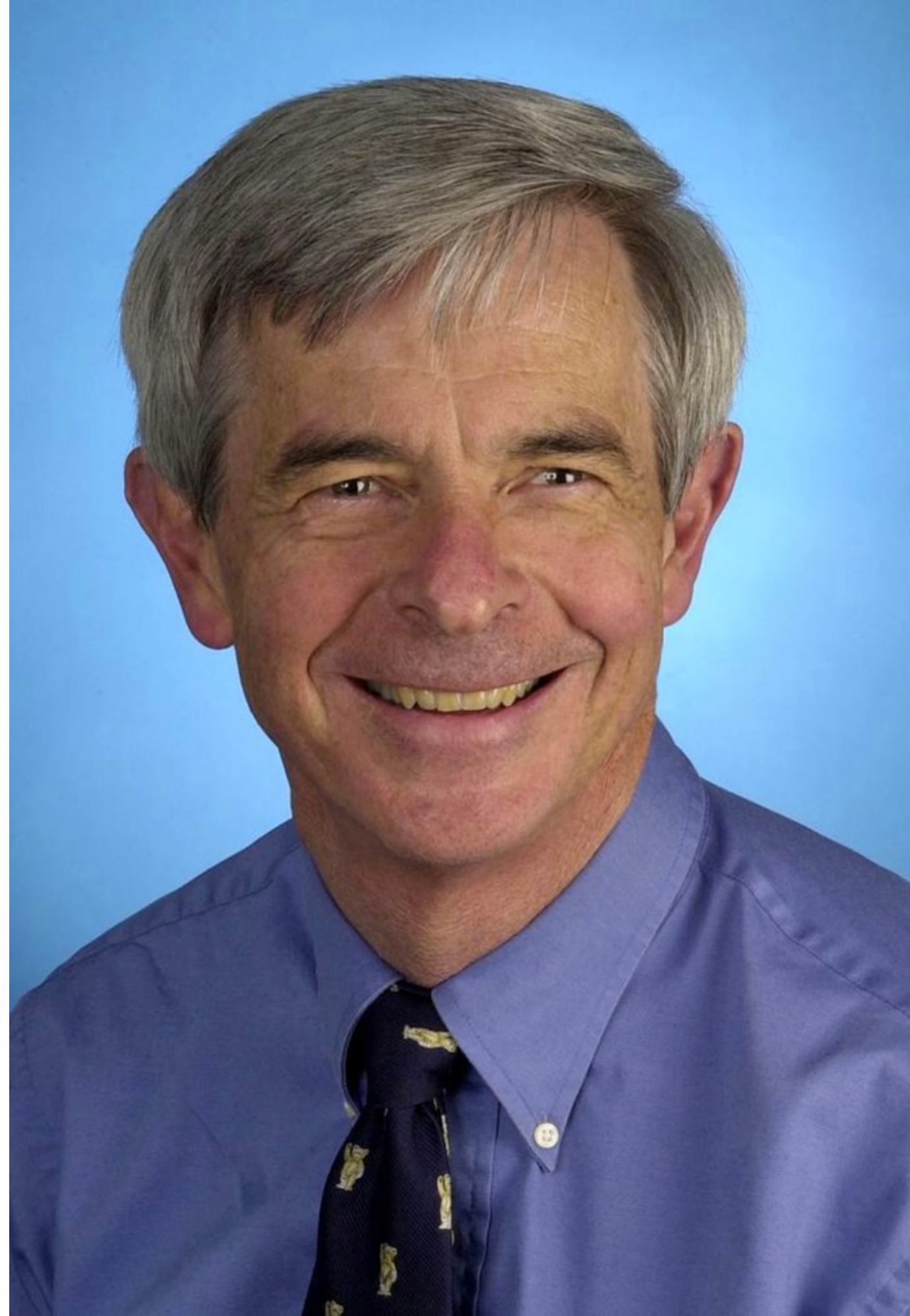
If I could only share one thing with a victim of Childhood Sexual Abuse, I'd tell them this:

Sexual abuse of children, male and female, is no longer a taboo subject. We hear about it, talk about it and see its devastating effects in films, plays and novels. But while we are aware of it, most people prefer to think it is a problem that is "out there" A problem that involves other people, other families, other communities. The truth is that it can involve all families, people like us, people like those we know and love.

Victims of abuse often feel guilty. Sometimes they are told it is their fault. Often they are ignored or not believed. The denials of the perpetrator may be given more weight than the hesitant, embarrassed statement of the young victim. This adds to their burden. One thing is absolutely certain about child sexual abuse. It is NEVER the victim's fault.

[Kim's Global Citizen Leaders profile](#)

[Breaking the Long Silence: Reports of Child Sexual Abuse in the Anglican Church of Australia](#)



22 IT'S NOT JUST YOU

**MATTHEW MCVARISH,**  
ACTOR. WRITER. EUROPEAN AMBASSADOR  
FOR STOP THE SILENCE STOP CHILD SEXUAL  
ABUSE INC. WALKING 10,000 MILES

"If the person who violated you is still in contact with children, your silence is dangerous. You might not believe you're strong enough but you know you are stronger than the child they might abuse tonight or tomorrow or next year. You can save lives. Speak now."

<http://roadtochange.eu/>



## 23 IT'S NOT JUST YOU

### MARY, LEADER AT SNAP (SURVIVORS NETWORK OF THOSE ABUSED BY PRIESTS)

If you are a parent, “Believe, Support and Stand with your child. You are the most important people in your child’s life (no matter what their age) and they need you now more than ever”.

If you are a victim, “Know that even if your loved ones don’t believe or support you, there are others out there who will. Contact them”.

<http://www.snapnetwork.org/>





### **STEVE DALEY,** EXECUTIVE DIRECTOR, RADKIDS: PERSONAL EMPOWERMENT SAFETY EDUCATION

As you know you are not alone but in my journey I have learned two incredible gifts that I would like to share with you as I do with thousands of adults and women a year as I travel across the nation.

1. We are never responsible for what we do not know. And
2. If anyone ever hurt you, tricks you or makes you feel bad inside or out it is not your fault. It is only the fault of the person that hurt you as none of us have ever asked to be hurt

<http://www.radkids.org/>



## 25 IT'S NOT JUST YOU

### ERIN RUNNION, FOUNDER AT THE JOYFUL CHILD FOUNDATION - IN MEMORY OF SAMANTHA RUNNION

My daughter, Samantha, was kidnapped, sexually assaulted, and murdered just eleven days before what would have been her 6th birthday. In the aftermath, I started to learn about the pandemic of child sexual abuse in America. What happened to my daughter is obviously on the most extreme end of the spectrum of these crimes, but the more I realized how many tens of thousands of children are suffering, the more determined I became to do everything in my power to stop it. You are not alone. What happened to you is not your fault. The shame belongs to the perpetrator alone. It is your courage and strength that inspires me everyday. No one has the right to hurt you. There is a reason you are here and many gifts you have yet to share. Samantha's motto was "Be Brave" and I hope her words inspire you as they did me. No matter what pain we suffer or how long we may live, there is beauty in our capacity to overcome, to love, and to live with dignity. With all of my heart, I wish you every joy in this life. Be Brave.

<http://www.thejoyfulchild.org/>



### KRISTA KOTZ, DIRECTOR, FAMILY VIOLENCE PREVENTION PROGRAM AT KAISER PERMANENTE NORTHERN CALIFORNIA

You're not alone. Help is available. Find a doctor that you trust, and tell him or her what happened to you and how you think that affects your mental and physical health today. Tell him or her how you'd like to receive your care - what triggers you and what calms you. Seek support in healthcare, mental health, and local community support groups. Go to [acestoohigh.com](http://acestoohigh.com) to learn more about how abuse and other adverse experiences in childhood affect your health into adulthood, and what can be done about it. You can heal.

<http://acestoohigh.com/>

[www.kp.org/domesticviolence](http://www.kp.org/domesticviolence)





**PAUL LINDEN,** FOUNDER AT  
COLUMBUS CENTER FOR MOVEMENT STUDIES,  
AIKIDO

If you could only share only one thing with a victim of Childhood Sexual Abuse, what would it be?

I would help her or him gain a clear experience that emotions are physical events in the body. The normal "mental" response to threats or assaults is fear, anger, or dissociation. On the physical level, these responses are contraction or collapse of breathing, attention, posture, and movement. They all involve getting small -- and alienated from oneself and the world around. Creating an expansive body state brings one back. By creating a body state of calm alertness and kind-hearted power, the abuse survivor can cut the chains to the abuse and live in the present with safety and joy.

[Abuse Survivors in Aikido Class](#)

<http://www.being-in-movement.com/>



# JENNIFER SIEBEL NEWSOM, FOUNDER/CEO AT THE REPRESENTATION PROJECT

"Don't let it dictate and ruin your life. Get help from a trusted healer and tackle the trauma head on. There is a light at the end of the tunnel."

[www.therepresentationproject.org](http://www.therepresentationproject.org)

<http://www.jennifersiebelnewsom.com/>



## 29 IT'S NOT JUST YOU

### DR ROBI LUDWIG, PSYCHOTHERAPIST, AUTHOR, NATIONAL TV AND RADIO CONTRIBUTOR, ASK DR ROBI

My first piece of advice would be to tell them the abuse was in NO WAY their fault. They were chosen because of their perceived position of powerlessness. Some of my patients, who were sexually abused as kids, can judge themselves harshly for their emotional reaction to the abuse, and/or the abuser. The goal is for them to forgive themselves for all of their confused and ambivalent feelings. They are deserving of a healthy and loving relationship. They can and should be treated well; In fact, more than well!!!! Positive relationships can and will exist in their future, it they want them to.

<http://drrobiludwig.com/>

[@drrobiludwig](#)





## 30 IT'S NOT JUST YOU

**MICHELLE HOPPER,** OWNER,  
LENS & LINES STUDIO BOARD MEMBER,

### TOGETHER WE HEAL

I guess my perspective is a little different from most. I didn't become aware of my mother's CSA until I was older.

Looking back I believe much of the shame issues I was having were unknowingly passed on to me through years of verbal abuse. I believe my mother's struggle to deal with what happened to her negatively affected those around her the most - her children.

Our relationship when I was a teenager was especially hostile more so than the typical teenage years. I thought she hated me and that I was a constant disappointment to her and I was often told I'd never amount to anything. It definitely took a toll on me and affects decisions I make in my life even to this day, but I broke the cycle with my child. It took me realizing that I had actually started treating my child as I had been treated - I didn't want that for my child. You can break the cycle.

For survivors, I pray you seek help - the sooner the better, especially if you have children. Evaluate your relationships with them and decide if this is how you want it to be - is the way you are treating them and the people around you positive or negative?

You especially don't want to lose valuable time with your children as they grow up or time with your spouse. If your children are



grown, I pray you reach out to them and they can gain a better understanding why things happened the way they did. The people around you are affected by things you say and do.

For those of you who are children of CSA survivors or believe you could be, I pray you haven't gone through all the heartache and grief I have. I pray if you have suffered verbal abuse or abuse of any kind, that you know you are not alone - "it's not just you" and it's not your fault.

There is a light at the end of the tunnel. You can have a wonderful, fulfilled life. As hard as it sounds, you can move forward - Be More, Do More - follow your dreams.

As much as it's healing for you, it will be healing for your parent for you to find it in your heart to forgive past transgressions.

Forgiveness is freeing and healing.

And remember - "It's Not Just You."

<http://together-we-heal.org/>

[Michelle's LinkedIn profile](#)

## 31 IT'S NOT JUST YOU

### MICHAEL IRVING, SURVIVOR/ PSYCHOTHERAPIST, SCULPTOR OF THE "REACHING OUT: CHILD ABUSE MONUMENT"

Inside of you there is a remarkable and resilient self that knows how to find:

- The certainty that comes with the healing feelings of hope that you will survive;
- The wisdom to know there are lessons and gifts that come out of adversity that make you a better, deeper and more fulfilled you;
- Perpetual re-centering on positive thoughts and feelings will carry you along in the life you deserve and can be carried by.

[www.irvingstudios.com](http://www.irvingstudios.com)

[www.childabusemonument.com](http://www.childabusemonument.com)





## 32 IT'S NOT JUST YOU

# SOFIA MARIA HAYAT,

ACTOR, SINGER, PRESENTER AT DISNEY UTV

You are not your past.

Your life is new everyday. Free yourself from the shackles of guilt from the abuse, in the knowing that the abuser was wrong, that you were an innocent.

Wake up every day and shed the title of being abused. It is not who you are.

You are beautiful and an angel, and God is with you, which is why you are a survivor.

In society people have so many expectations of you, as you do yourself, but remember, you don't have to fit in those expectations.

I used to hate the fact that I was abused as a kid, I lost my childhood, no one believed me. But now I know it does not matter



what anyone thinks. Now is what matters, the moments that you exist in. Leave the pain in the past. And be who you are now, not who you were then.

Is not my abused child, but it has made me stronger. Now.

Namaste

[www.sofiahayat.co.uk](http://www.sofiahayat.co.uk)

[@sofiahayat](#)

## 33 IT'S NOT JUST YOU

### ALEX VOROBJEJ, VICE PRESIDENT AT VOICE FOUND

Believe that there are people who will be there for you, but understand that they too will be affected by your experience. Allow them to listen to what you have to say, because only you truly understand the impact that CSA has on you. There is no shame once you let others know of your journey.

<http://www.voicefound.ca/>

[Alex's LinkedIn profile](#)





## 34 IT'S NOT JUST YOU

### **GINA POLLARD,** TRANSITION COACH AND FOUNDER AT HOPE AT THE CENTER LLC

I'd want people to know that it takes time to heal from what happened. It was not their fault. Life can get better, but it will take work to get there. Even though at times they might feel that will break into a million little pieces if they do the work things will get better. Finding trusted people to walk with them through the healing process is critical. There will be times when they want to give up, supportive people will be critical. It will get better, but you **MUST** do the work of facing the hurt and processing the pain. There is sunshine on the other side!

[www.hopeatthecenter.net](http://www.hopeatthecenter.net)

[@hopeatthecenter](https://www.instagram.com/hopeatthecenter)



## 35 IT'S NOT JUST YOU

# TREMAYNE MOORE,

MOTIVATIONAL SPEAKER, PUBLISHER, AUTHOR  
AND CSA SURVIVOR & ADVOCATE

First, give your inner child the hug it so desperately needs and apologize to that child for the suffering. Encourage that child in you to live the life you are meant to live. You have purpose, you have destiny! Those that hurt you can't hurt you no more!

<http://www.maynetre.com/>

[@ Mayntre](#)





# TRISH KAYE LLEONE,

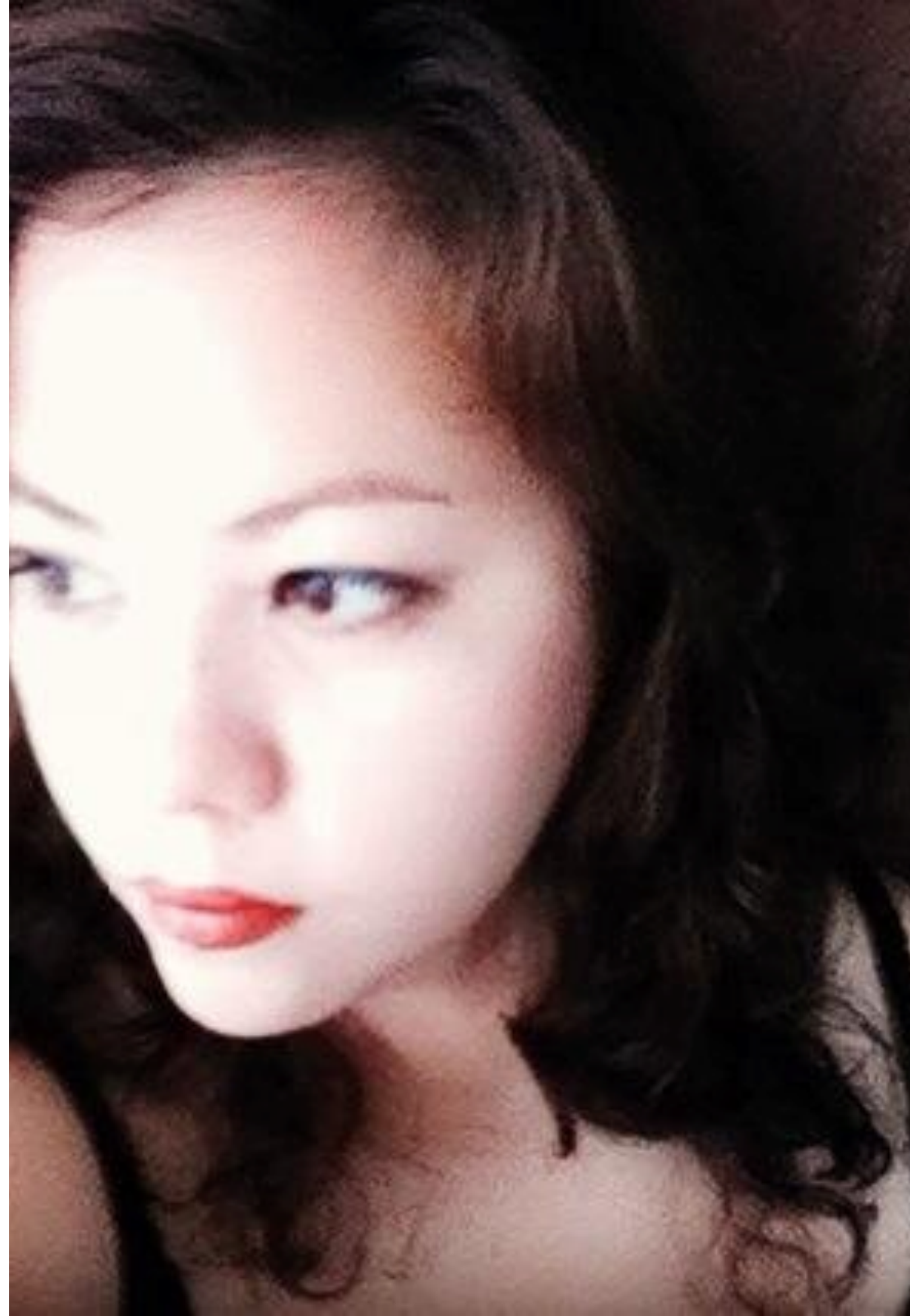
AUTHOR OF FINDING ANNA: A TRUE STORY OF  
CHILD SEXUAL ABUSE

Faith.

Faith that a child sexual abuse survivor will not stay anchored down by the tragedies that happened, faith that she can move forward because she is exceptionally strong and determined to rise from her fall. Faith that her past will not trample her but instead fuel her to succeed and be an inspiration to many. Faith that, despite whatever psychological trauma she is suffering from, she can carve out a life filled with hope, peace and love for herself.

Where I come from, there is not much support survivors can get - not from the public, not from the government and not from health institutions. I grew up with bursts of anger and rage that were very destructive not just to myself but also to those who were within my close circle (family and friends). I did not understand why because I was in a state of denial for a long time (30 years!).

Support is a very important factor in a survivor's healing. If there is one thing I can give a CSA survivor it would be that - and faith that a survivor can make it through life despite her tragic past.





## 37 IT'S NOT JUST YOU

### **HANK ESTRADA,** ARTIST, AUTHOR, ENTREPRENEUR, AND SURVIVOR SPOKESMAN

"You were NOT your perpetrators only victim, there were others after you. Your silence allows them to continue assaulting and creating new traumatized victims. Exposing your abuser, can help stop further assaults from happening and will save lives. Survivor silence only helps your predator to continue victimizing. Please tell someone who assaulted you!"

<http://www.hankestrada.com/>

[@HankEstrada](#)



## ADAM HOROWITZ, NATIONALLY ACCLAIMED ATTORNEY FOR SURVIVORS OF SEXUAL ABUSE

Tell someone. It's never too late. Keeping childhood sexual abuse a secret only protects the perpetrator and the enablers. Disclosing the abuse helps in the healing process, exposes predators and enablers, and can protect children in the future. It is never too late to get healing. And it's never too late for protect another child from being abused.

<http://www.pathtojustice.com>



## 39 IT'S NOT JUST YOU

**DIANE BRICE,** PROGRAM  
DIRECTOR AT SUICIDE PREVENTION OF THE  
CENTRAL COAST

Tell and keep telling until you have no more words to tell.

[www.suicidepreventionservice.org](http://www.suicidepreventionservice.org)

[www.coastaltrailwalk.org](http://www.coastaltrailwalk.org)

[www.fsa-cc.org](http://www.fsa-cc.org)





## 40 IT'S NOT JUST YOU

### JENNIFER STITH, EXECUTIVE DIRECTOR AT WINGS FOUNDATION INC.

You are not alone. It's ok to talk about it. It wasn't your fault, and you deserve a process to heal.

No matter how many times you ask yourself, "Will I make it?" - always give yourself the love and support you need by telling yourself (as you would any friend) "Yes. You will. You absolutely will make it."

And until we, as a culture, fully do our part to give you the information, education and supportive services you need, deserve, and in fact, have rights to receiving, know that there will be many MANY times that you will have to be your own champion. It isn't right. It isn't fair, and we are working hard to change that reality.

But for now, the best I can tell you is: Fight. Fight for your own healing. And keep fighting. To speak; To heal; To thrive - in every aspect of your life.

Because you're worth it. Because you deserve happiness. And because the unfair struggle you are now embarking on will be a transformative one.



You will emerge braver, stronger, more aware and more empowered than you ever thought possible. And your voice will help change this culture that has been part of the problem you're now dealing with.

Your voice; Your life; Your story; Your healing process matter - a very great deal. Use them. To change your own life. To change others' lives. To change this culture; To change the world.

At WINGS Foundation, we stand with you. I stand with you. And I promise you: "Yes. You will. You absolutely will make it."

I believe you. And I believe in you.

Keep going. You will make it.

<http://www.wingsfound.org>

[@JennyStith](#)

## 41 IT'S NOT JUST YOU

### NICOLE MARTIN, ABUSE SURVIVOR AND AUTHOR OF 'THE TICKET'

You have worth, unimaginable worth. I know you feel like the world has long forgotten about you but it's not true. Your story is yours and it is powerful when told. So share your story with confidence. Your life matters, please don't ever believe the lies of anything less. I hope you always remember that your voice and story matter, trust even when you can't see it that you have a purpose that no one else can fulfill.

<http://graciesticket.com/>

[@GraciesTicket](#)

[Nicole's interview with KPHO CBS 5 \[VIDEO\]](#)





## 42 IT'S NOT JUST YOU

### **DONALD CRIBBS,** YOUNG ADULT AUTHOR OF 'THE PACKING HOUSE'; CSA SURVIVOR AND ADVOCATE

Every survivor must find his or her own path to recovery. It takes work, and it's not easy. Some days you're more triggered than other days. But you will get through those tough days, and you will have good days, too. Every day is a gift. Try to slow yourself, your thoughts, your "to do list" down just enough to hear, smell, and experience something you would have missed if you just stayed busy all day. It's good to practice healthy self-care. Give or get 12 hugs every day, even if you're giving them to yourself.

Once you find your path to recovery, I hope it makes each step easier to know you're not alone. I'm walking right beside you, because I'm recovering, too. I began as a victim, then a survivor, then an adaptor, a thriver, and now, I AM AN OVERCOMER.

[Donald's blog](#)

[@gdcribbs](#)



## 43 IT'S NOT JUST YOU

# LAUREN BOOK, FOUNDER/CEO AT LAUREN'S KIDS

"It gets better. Your nightmares will fade. It's OK to trust and rely on people, and you can heal if you allow yourself to seek the help you need."

[LaurensKids.org](http://LaurensKids.org)

[SaferSmarterKids.org](http://SaferSmarterKids.org)

[@laurenskids](https://www.instagram.com/laurenskids)





44 IT'S NOT JUST YOU

**RON BOOK,** CHAIRMAN AT  
LAUREN'S KIDS, FATHER OF LAUREN BOOK

"I believe you."

<http://laurenskids.org/>





## 45 IT'S NOT JUST YOU

# MICHAEL BROUSSARD,

ACTOR, PRODUCER, DIRECTOR AND EMCEE AT  
FIVE MINUTE FOLLIES

My fellow survivors, you are not alone. There are millions of us, reaching out to you, offering support and understanding. We get it because we've been through it. We understand the fear, the sadness, the frustration, the feeling of being locked up inside, unable to tell anyone the truth, because if you do, they may leave. I am here to let you know that it is possible to speak up and still have friends. It is a sad truth that often family will pull away from you if you choose to talk about. So will some friends. But the ones who stay, those are your true friends, and those are your family. So yes, you have a huge, worldwide, caring, understanding family. We love you. And we will always be there for you.

<http://sexabusesurvivor.com>

<https://www.facebook.com/askasexabusesurvivor>

<https://www.youtube.com/user/askasurvivor>

<http://twitter.com/askasurvivor>



## 46 IT'S NOT JUST YOU

### JOCELYN WILLIS, CEO AT SISTERS WITH STORIES AND CSA SURVIVOR

Through the misery of that affliction hope will allow healing to surface. The act that was committed against you doesn't have the power to destroy you. The misery of a senseless crime will work together that will ultimately bring you to greater heights. You will soar past the pain, guilt, and shame. God is capable of loving you past your pain! I am living proof that he'll do just that! Profess with your mouth that you are free. Exhale with everything that is within you. Tell your story and by the words of your testimony and the power of God freedom will be yours to hold. I declare your healing! In Jesus name amen.

[www.Jocelynjanet.com](http://www.Jocelynjanet.com)

[https://twitter.com/\\_jocelynwillis](https://twitter.com/_jocelynwillis)





47 IT'S NOT JUST YOU

## ROBERT YOUNG, ADVENTURER AIMING TO RUN 380+ MARATHONS AND ULTRAS IN 365 DAYS. CSA SURVIVOR

As an abuse survivor myself, just don't be ashamed by what has happened to you.

You were innocent - it's not your fault.

Look past the shame, look past the fear.

Surround yourself with positive role models like you have here, with the 365 people who have opened their hearts to you...

If you have a strong heart and a strong mind, your body will follow you through whatever challenges lie ahead.

Just go beyond your limits & never give up...

[www.marathonmanuk.com](http://www.marathonmanuk.com)

[@MarathonMan\\_UK](https://www.instagram.com/MarathonMan_UK)





## DANIELLE WILLIAMS,

FOUNDER AT ANGEL WATCH KIDS; CSA  
SURVIVOR

"... don't ever feel that you deserve it.. or that no one cares or understands you! What happened to you is wrong.. period! .. I know that you may feel alone..in pain.. ashamed.. betrayed ...empty inside..with nowhere to turn or anyone to talk to ...because they won't feel or understand what you are going through. .. but that's far from the truth.. you see.. you are not alone!.. because I was a victim too.. YES ME TOO!.. I was sexually abused by an uncle when I was 12.. and I too felt trapped and alone..full of hate and rage for myself and the world.. and it built this barrier around me for a long time.. but God sent someone who recognized my pain and she reached out to me.. yes, she was a victim too... she opened up her heart to me and shared her story.. she gave me the strength to stand up for myself..and tell my story too. Eventually --I began to look at myself in the mirror and face myself for the first time..my emotional and physical scars are not open wounds anymore... not only did they heal but it created a steel armor over me. I fear nothing..because I am a survivor... and I decided and demanded that I deserve to live -- just like you! -- I deserve to love -- and be loved ...just like you will be!. You have a place in this world with your name on it -- and soon you will realize that there is something special within you.. that will help others survive too!"



<http://danip518.wix.com/angelwatch>

[@AngelWatch0](#)

Email: [angelwatchkids@gmail.com](mailto:angelwatchkids@gmail.com)

## 49 IT'S NOT JUST YOU

# BRAD HUTCHINSON, EXECUTIVE DIRECTOR AT THE GATEHOUSE

Inner peace, emotional freedom, and good relationships are possible for you. When you can step back from your thoughts and emotions and P.A.U.S.E. (Paying Attention Unveils Sacred Events), you will sense that there is a deeper part of you that holds the key to your healing. Learn meditation and you will understand that you have emotions, but you are not your emotions; you have thoughts, but you are not your thoughts; you have a body, but you are not your body. Breathe deeply, exhale slowly, and connect to your high self.

<http://thegatehouse.org/about-us>

[@Bradkungfu](#)





## 50 IT'S NOT JUST YOU

### **JETTA BERNIER,** EXECUTIVE DIRECTOR AT MASSACHUSETTS CITIZENS FOR CHILDREN - "MASSKIDS"

I would share with every survivor a brief poem that has inspired my work as a child abuse prevention advocate over the past many decades. It speaks of the inherent value and qualities of every child and why we must speak out and support those who have been abused and whose inner child struggles to reclaim its unique beauty and self-worth:

*Poem - Joan Baez*

*Graphics - David Mekelberg*



*to every child*



*you are  
amazing  
grace.  
you are a  
precious  
jewel.  
you -  
special,  
miraculous,  
unrepeatable,  
fragile,  
fearful,  
tender,  
lost,  
sparkling  
ruby  
emerald  
jewel  
rainbow  
splendor  
person.*

## 51 IT'S NOT JUST YOU

**ERIC RAMSEY,** OWNER/CEO AT  
RAMSEY SECURITY, EXECUTIVE PRODUCER AT  
JABARI/RASHAD ENTERTAINMENT

I would tell them that they are not

Alone and they should not be ashamed and embarrassed about being a victim. There's victory in numbers and the more that We share our stories, the less victims there will be. Survivors reign supreme as we stamp out childhood sexual abuse. Thanks.

[Eric's LinkedIn profile](#)

<http://www.ramseysecurityllc.com/start>





52 IT'S NOT JUST YOU

**WAYNE FILOWITZ,** CEO AT  
WRPBITV LLC, CSA SURVIVOR

It didn't define who I turned out to be it shouldn't define who you are.

[www.WRPBiTV.com](http://www.WRPBiTV.com)

[Wayne's LinkedIn profile](#)



53 IT'S NOT JUST YOU

# ANNE MARIE MILLER,

AUTHOR AND PUBLIC SPEAKER

"You are not alone and full healing is possible. There will be a day when it doesn't haunt you. You are made whole and complete: Nothing missing, nothing broken."

<http://www.annemariamiller.com/>





## 54 IT'S NOT JUST YOU

**PETER S. PELLULO**, FOUNDER,  
PRESIDENT & CEO OF INTERNATIONAL  
CORPORATE MANAGEMENT, INC; CSA  
SURVIVOR

As an adult survivor myself who did not enter recovery until the age of 55, if there was one thing that I would like to share with an adult survivor of childhood sexual abuse, it would be that you are not alone. With the statistics 1 out of 3 girls and 1 out of 4 boys being sexually violated before the age of 18 that would mean that there are 60 million + men and women in the United States alone like myself who have never experienced true friendship or any type of higher power connection.

I started the Let Go Foundation six years ago with the intention to help move these issues along and lesson the stigma and fear attached to childhood sexual abuse.

<http://www.letgoletpeacecomein.org/>





## 55 IT'S NOT JUST YOU

# MAUREEN MARTINEZ,

PRESIDENT OF JUSTICE4PAKIDS.ORG

If I could only share one thing with a victim of childhood sexual abuse it would be:

It's not your fault. You did nothing wrong. Your memories are real. Do not doubt yourself. There are many groups like Justice4pakids that are working hard at preventing child sexual abuse and helping victims to make the transition from victim to survivor.

<http://www.justice4pakids.org/>



## RACHEL GRANT, SEXUAL ABUSE RECOVERY COACH

This is not a life sentence. You are not broken or unfixable. You can let go of the pain of the past and finally move on with your life. Right now, there are all sorts of lies that you might be believing about yourself. In shedding these lies, we get to reconnect with our best, most wonderful selves, and go out into the world to do and have amazing things!

<http://www.rachelgrantcoaching.com/about/>





**SARAH KELLY,** TRAINING AND  
DEVELOPMENT MANAGER AT NAPAC  
(NATIONAL ASSOCIATION FOR PEOPLE ABUSED  
IN CHILDHOOD)

Hope of healing is absolutely possible. Being abused can impact on lives in many different ways and sometimes for a very long time. Being a survivor of abuse doesn't have to define you as a person however and it doesn't need to destroy lives, hearts and minds forever. There is so much silence, so much secrecy and so much manipulation which occurs when children are abused. As adult survivors we now have a voice, we can give back the shame and guilt that we have often carried for so long, it wasn't our fault, we have survived this far, we can go further and we can thrive, we are no longer alone, we are stronger together, we can heal, we can live and we can be free.

[www.napac.org.uk](http://www.napac.org.uk)

[Sarah's interview with the BBC \[video\]](#)





## MICHAEL CASTELLANA, LICENSED CLINICAL SOCIAL WORKER

As you already have pointed out, you are not alone. Instead, you number among millions of others who have suffered in likely silence until you found your voice and shared it with others. If you have yet to tell someone, then your time is coming soon enough. Keeping the secret only serves to keep you feeling badly and to blame. Perhaps this experience was something that had always defined who you used to be... but no more. All of us stand together to help give you voice, and to help you shed the walls of silence that have imprisoned you. In the near future, you will be embraced by a community that will empower you to rediscover and savor all the things you love about yourself.

Many of us have had a similar journey. It is an important one. But none of us walk alone, even though we always thought we would. It is the beginning of what comes next. Only this time, you get to decide. And no one gets to take something that doesn't belong to them ever again.

[Michael's Network Therapy profile](#)



59 IT'S NOT JUST YOU

# SUE WILLIAM SILVERMAN, AUTHOR OF BECAUSE I REMEMBER TERROR, FATHER, I REMEMBER YOU

“There is a way out of the dark, tangled, scary forest of childhood sexual abuse. There is a path to follow that leads to a safe green field full of survivors like yourself. There is help and hope out there. Ask another survivor, or a therapist, for directions on how to reach that field. That way, you won't feel so alone.”

[www.SueWilliamSilverman.com](http://www.SueWilliamSilverman.com)



60 IT'S NOT JUST YOU

# MARYAM AL-KHAWAJA,

CO-DIRECTOR AT GULF CENTER FOR HUMAN RIGHTS

"It's never your fault. Don't feel ashamed. It does not have to define who you are and will be."

<http://bahrainrights.org/>

<http://www.gc4hr.org/>

[Maryam's LinkedIn profile](#)





61 IT'S NOT JUST YOU

**JEAN KILBOURNE,** WRITER,  
LECTURER AND CREATOR OF THE KILLING US  
SOFTLY: ADVERTISING'S IMAGE OF WOMEN

FILM SERIES

"It was not your fault."

<http://www.jeankilbourne.com/>



# STEPHANIE L. JONES,

SURVIVOR, SPEAKER & AUTHOR OF AMAZON  
#1 BEST SELLER 'THE ENEMY BETWEEN MY  
LEGS'

Don't make your healing process complicated. Sure, there are many activities for you to get involved in, therapists for you to talk to, more books for you read, and so much more. But oftentimes all it takes is ONE WORD FROM GOD.

Think about it, the apostle Peter walked on water with ONE WORD FROM GOD, "come," (Matthew 14:29) and Jesus cast out devils with ONE WORD FROM GOD, "go" (Matthew 8:32). Surely His Word can heal your broken heart!

Ask God to give you a word for you, whether it's a single word, a verse of scripture or a whole chapter. Whatever it is, you take that word and you stand on that word, meditate on it day and night, and watch it go to work in your life!

<http://stephaniejones.com/>

[@StephanieLJones](#)





63 IT'S NOT JUST YOU

**KATHY BARBINI**, FOUNDER OF  
BIG VOICE PICTURES; AWARD-WINNING  
INDEPENDENT DOCUMENTARY PRODUCER

Big Voice Pictures says Loving a survivor goes a long way in healing.

<http://bigvoicepictures.com/>





64 IT'S NOT JUST YOU

**SHARON COLEMAN,** CEO  
(CHIEF EVERYTHING OFFICER, ABLET KNITTING  
ABACUS)

It's not your fault.

<http://knittingabacus.com>



## 65 IT'S NOT JUST YOU

**KATH,** SUPPORT LINE VOLUNTEER AND  
SURVIVOR, NAPAC (NATIONAL ASSOCIATION  
FOR PEOPLE ABUSED IN CHILDHOOD)

What you go through as a child is hard, painful, destroying. It  
needn't stay that way.

Someone may have taken your childhood, don't let them take  
your present, your future.

It does get better, it becomes empowering. It gets easier.

You can survive.

Go get what you need and want. You're worth it!

<http://napac.org.uk/>



## CAROL SMOLENSKI, EXECUTIVE DIRECTOR AT ECPAT-USA

For all survivors of sexual abuse, I want her (or him) to know, it is NOT YOUR FAULT! We adults let you down, not just those who abused you, but those who stood by silently. We let you down by not creating an atmosphere that made you feel safe to report what was happening. But we are working on changing our ways. We hope to do better by changing laws, changing government policies and above all opening the door so that communities and families can talk about it. I really believe it is the silence around the abuse and exploitation that has allowed it to persist for so long.

[www.ecpatusa.org](http://www.ecpatusa.org)

[@ECPATUSACarol](https://twitter.com/ECPATUSACarol)





## 67 IT'S NOT JUST YOU

**ALAN WINTERS,** SURVIVOR AND  
MEMBER OF NAPAC (NATIONAL ASSOCIATION  
FOR PEOPLE ABUSED IN CHILDHOOD)

Don't be afraid to talk to someone about what happened to you. Talking is one of the best ways I found to come to terms with the abuse, but choose carefully, people who say they are your "real" friends sometimes can't handle what you are saying, even those who trust. Unfortunately the same goes for some family members. Choose with care.

<http://napac.org.uk/>



68 IT'S NOT JUST YOU

**SAMANTHA BOOTH,**  
NAPAC SUPPORT LINE VOLUNTEER AND CSA  
SURVIVOR

"you were alone then, but your not alone now".

<http://napac.org.uk/>



## TYRA SELLERS, PREVENTION EDUCATION COORDINATOR AT FAIR GIRLS

If I could share one thing with a child who is a victim I would tell them you are not alone and it is not your fault. You are, you are a survivor and no one can take that away from you.

[www.FAIRgirls.org](http://www.FAIRgirls.org)





70 IT'S NOT JUST YOU

**AMITA SWADHIN,** LOS  
ANGELES EXECUTIVE DIRECTOR AT PEER HEALTH  
EXCHANGE

There is no finish line when it comes to your healing journey. But progress is achievable. Don't lose hope. And don't be afraid to work hard for your healing – you're worth it!

<http://amitaswadin.com/>

[@aswadin](#)



71 IT'S NOT JUST YOU

**JOYCE T. CALLIS,** CLINICAL  
DIRECTOR AT JULIE VALENTINE CENTER

It wasn't your fault! It is imperative to learn to set boundaries.

[www.julievalentinecenter.org](http://www.julievalentinecenter.org)



72 IT'S NOT JUST YOU

**RICHARD GARTNER,** CO-  
FOUNDER, PAST PRESIDENT, AND CHAIR OF  
ADVISORY BOARD, MALESURVIVOR

You are not alone

It was not your fault

Speak to a trusted confidant

[www.richardgartner.com](http://www.richardgartner.com)





**SIMON DANCZUK,** LABOUR MP  
FOR ROCHDALE AND CO-AUTHOR OF 'SMILE FOR  
THE CAMERA: THE DOUBLE LIFE OF CYRIL SMITH'

*{response via Tom Railton from the Office of Simon Danczuk}*

Simon says that the thing he would want to tell a CSA survivor is that there are people on their side and that they should not be afraid to come forward and talk about what has happened to them.

<http://www.simondanczuk.com/>

[Smile For The Camera: The Double Life Of Cyril Smith](#)

[@SimonDanczuk](#)



### ELENA TIMOFEEVA, FOUNDER OF SAFEHOUSE FOUNDATION, RUSSIA

To be a victim of Childhood sexual abuse is a heavy load on the shoulders and heart. It is scary and unfair situation. It is difficult to stop asking the question why? and sometimes, blame yourself and even feeling guilty. It is the scar which is always with you and doesn't matter how old you are you still feel unsecure sometimes. But live is moving forward and it only depends on you whether you let other people ruin your life or will move forward to do your life and life of others better. If you choose the second way you can turn your tears and fear into power. It can be you who can make a difference and change something in this unfair world.

[www.safehouserus.org](http://www.safehouserus.org)

[Elena's LinkedIn profile](#)





## 75 IT'S NOT JUST YOU

# JAYNEEN SANDERS,

AUTHOR/ADVOCATE FOR SEXUAL ABUSE  
PREVENTION EDUCATION AT UPLOAD  
PUBLISHING

Don't let the abuse and the betrayal of trust define you. Don't let the perpetrator continue to take away the joy in your life that is rightly yours. You have a right to love, happiness and joy. This healing journey may test you at times but the rewards are your right. Please know that you never ever did anything wrong. All blame rests squarely on the shoulders of the perpetrator. Remember, you were only a child, and love, happiness and joy belongs to you now as it did then.

<http://somesecrets.info/>

[Some Secrets Should Never Be Kept: A children's picture book to keep kids safe from sexual abuse](#)

[Jayneen's LinkedIn profile](#)





**DR BASIL BAKER,** CONSULTANT  
NEUROSURGEON, HEAD OF DEPARTMENT AT  
SHIFA HOSPITAL & STAFF MEMBER OF GAZA  
COMMUNITY MENTAL HEALTH PROGRAM

life is a sum of good things and bad things ,bad things come from bad experiences . The only thing that can make you overcome a certain crises is to prove that you have the power to continue a life that is not affected passively and show success after success.

[Gaza Community Mental Health Program \(GCMHP\)](#)



77 IT'S NOT JUST YOU

**VINCENT FELITTI,**  
CLINICAL PROFESSOR OF MEDICINE AT  
UNIVERSITY OF CALIFORNIA, AND CO-  
PRINCIPAL INVESTIGATOR OF THE ADVERSE  
CHILDHOOD EXPERIENCES (ACE) STUDY

In response to your question, I would have nothing to say. Instead, I would ask, “Can you tell me how you think that has affected you in your life?” The answers tend to be quite remarkable.

[http://acestudy.org/speakers/vincent\\_j\\_felitti\\_md](http://acestudy.org/speakers/vincent_j_felitti_md)

[Vincent's LinkedIn profile](#)





## ELLOA ATKINSON, LIFE AND RELATIONSHIP COACH, ADULT CHILD OF AN ALCOHOLIC AND SURVIVOR OF RAPE

With all my heart I want you to know one thing: it's not your fault. It's not your fault. It's not your fault. You may have heard these words over and over throughout the years. They may sound hollow and empty, meaningless in the face of the bottomless pit of pain that gnaws and eats away at you. These four simple words, strung together into a sentence that makes sense grammatically, may simply disintegrate under the weight of all you believe you are, the gaping wounds and unhealed scars that linger still, so many years on. But, dear one, I want to tell you once again: what happened to you is not your fault.

You are not dirty, toxic, flawed or worthless. You are not damaged goods. You are not beyond hope. You have not been forgotten by Love. You are not diseased. You are not irreversibly disfigured. You did not invite this to happen through being too much of something or not enough of something else. You are not sick in mind or body. You did not do anything wrong - even if you believe or were told that you made the other person do what they did, even if a part of you enjoyed it, even if you didn't use your voice. Whatever you fear to be true about you, I promise you that it is not. You





were a child. You were innocent. And Love, as hard as it is to believe some days, is right with you, wanting you to heal.

My hope for you is that one day you will understand that what happened to you was not about you. It was an expression of the deepest pain from the soul of a person who, in abusing you, was expressing their own beliefs about themselves, directing them onto you. My wish is that you would be supported and held in trusting arms, that you would receive and experience of safety so profound, trustworthy and healing that it can span generations and help you remember the truth about who you really are - loveable, innocent, whole, pure, worthy of love, deserving of love, capable of loving and being loved in return. I ache for you to know that your future does not have to be determined by your past. Over time, once you have peeled back the layers of rage, guilt, shame and remorse, perhaps you will be willing to forgive, willing to see your perpetrator differently, because you no longer want to live bound by what happened to you but that you will RISE UP like a phoenix out of the ashes, forgiving and delicate and free.

And one day, after you've been through the dark nights and grey days, after the rage has quietened and the ceaseless barrage of questions has quietened just enough to let you hear the reliable, ever-present beating of your own heart, there will come a day when perhaps you realise that even though the act was unforgivable - that it was born out of fear and pain - that there is some kind of alchemy available to you that will transform your pain into purpose. It's not your fault. And one day, when you know this, when you feel it in

every sinew and tissue and cell of your being, you too will carry your message to the many others out there like you, who need to hear from you that what happened to them wasn't caused by them. One day you too will utter the words, "It's not your fault."

[@ElloaAtkinson](#)

[I Love My Husband, But Here's Why I Want to Cheat](#)

**ED SMART,** DIRECTOR OF  
PREVENTION & REHABILITATION  
OUR OPERATION UNDERGROUND RAILROAD

Being the father of Elizabeth Smart I have come away with two very important points. 1. One is that God loves each of us and wants us to be happy. 2. There are choices and options that we can make, many people don't think there are. We must educate everyone to the extent that acting like these issues don't exist is no longer acceptable! It will only change when we as a society are moved to action.

<https://www.ourrescue.org/>

<http://elizabethsmartfoundation.org/>



80 IT'S NOT JUST YOU

## MICHELLE BLESS, AUTHOR, OUT OF THE DARKNESS: THE MICHELLE BLESS STORY

U r not alone. Its scary to talk about but your heali g process will if u do so. And it will set u free by not continuing giving our abus-ers power over our mind

[@Michelle Bless](#)

[Out of the Darkness: The Michelle Bless Story](#)

# Out of the Darkness

The Michelle Bless Story



*Michelle Bless*



81 IT'S NOT JUST YOU

# JUDITH L. HERMAN,

DIRECTOR OF TRAINING, VICTIMS OF VIOLENCE  
PROGRAM

"Don't suffer in silence. Find at least one person you can trust,  
and share your story. Pain is easier to bear when you do not  
have to bear it alone."

[Judith's Cambridge Health Alliance profile](#)

[Victims of Violence Program](#)

[JHerman@challiance.org](mailto:JHerman@challiance.org)



## SIOBHAN PYBURN, FOUNDER OF YOUNG SURVIVOR NETWORK

'Dear l'il Siobhan. There is a way out and you are not alone. That big secret you're carrying that you don't want anyone to ever find out about? The one you're so sure your family will disown you for if they ever knew? The one that makes you feel like a dirty little slut who doesn't deserve to be happy? Speak up, girl. No one is going to blame you. Society is on your side. You can end it now. No more 'itching', no more 'spells', no more feeling like you have to wash yourself constantly just to get rid of his stench. It's his fault, not yours. Yes, even though you went along with it because the tingles felt nice and it was the only way to get him to be nice to you.

Your mum isn't going to leave you, your brother isn't going to hate you and your boyfriend isn't going to dump you. In fact you're going to be big tings when you grow up and make a real difference to other little girls just like you who are also in tremendous pain right now. So hang in there, Siobhan. It isn't over for you, and one day you're gonna transform all of this shame and hopelessness into your greatest strength. How wonderful that will be!'

<http://www.youngsurvivornetwork.co.uk/>

[@siobhanpyburn](#)





## 83 IT'S NOT JUST YOU

# JANE MCGONIGAL, WORLD-RENOWNED DESIGNER OF ALTERNATE REALITY GAMES, AND ADVOCATE FOR HUMAN RIGHTS

You are stronger than you know. You are surrounded by potential allies. You are a hero to others.

<http://janemcgonigal.com/meet-me/>

[@avantgame](#)





## JENNIFER CLINGER, PR AT THISTLE FARMS

You are beautiful. You are strong. You are loved. You can be anything you want to be. I will walk with you. Will you walk with me?

<http://www.thistlefarms.org/>

[Jennifer's LinkedIn profile](#)



85 IT'S NOT JUST YOU

# RAHSAAN PATTERSON,

OWNER/ARTIST/SONGWRITER/PRODUCER, CSA  
SURVIVOR

you are worthy. you are loved. You are worthy of love. the journey back [to yourself] from the effects of such trauma, takes years. It also takes courage. The pain of the memories are excruciating. When you are able to reconnect with the child you left behind, you will walk hand in hand, together, into a brighter tomorrow. Remain strong.

<http://not-of-this-world.com/>

[@mynameis2long](#)

<https://soundcloud.com/rahsaanpatterson>





## 86 IT'S NOT JUST YOU

**MARY DEMUTH,** AUTHOR/  
WRITER/SPEAKER AND CEO AT MARY E.  
DEMUTH, INC.

Healing takes a lot longer than you think it will. Telling your story is the gateway to healing, but simply telling it to a trustworthy person only initiates the healing process. You will continue to have layers of healing even after you feel like you've "arrived." Don't let that discourage you. It takes years to undo the pain and violation. Remember as you walk the path of healing, that you are doing it for those you love, and the further along you are, the more empathetic and irresistible you will become.

[www.MaryDeMuth.com](http://www.MaryDeMuth.com)

[Mary's LinkedIn profile](#)





87 IT'S NOT JUST YOU

**RAM DEVINENI**, PRESIDENT  
OF RATTAPALLAX AND PUBLISHER OF THE  
AUGMENTED REALITY COMIC BOOK

Do not let your fears overtake you. Living in constant fear and anger is what will destroy you. Like Priya in my comic book, “Priya’s Shakti,” she is a survivor of sexual violence — rape. But, she overcomes her fear and finds her “shakti” or power to challenge and transform society.

<http://www.rattapallax.com/>

<http://www.priyashakti.com/>

[@prias\\_shakti](#)



88 IT'S NOT JUST YOU

# RUCHIRA GUPTA, PRESIDENT AND FOUNDER AT APNE AAP WOMEN WORLDWIDE

Speak up and name the abuser. The shame is not yours nor is the guilt. They impose silence by imposing guilt and fear simply because your nerve endings respond. Don't let them believe involuntary physical response is participation.

[www.apneaap.org](http://www.apneaap.org)

[@Ruchiragupta](https://www.instagram.com/Ruchiragupta)



### **RAYNE,** WIFE, MOTHER, SOCIAL MEDIA CONSULTANT, BLOGGER AND CSA SURVIVOR

Living an adult life as a victim of childhood sexual abuse is confusing and overwhelming. Life seems to be a continual tug-of-war of emotions, loyalty and broken trust. It is a stormy journey from victim to victorious, but God gives us moments of calm. You have to hug those times of calm to remember that you are bigger than what has happened to you. You are stronger than what happened to you. Rest during times of calm so when the storms of depression, anxiety, anger, exhaustion and confusion rage around you, you will somehow be ready to fight again. It is a journey and you are worth it! You are! It is worth working through your past because you will be able to look back and know that is what it is... past. Seek freedom from the sin that controlled your childhood. If you can try to seek freedom, soon you will be able to see self-growth, regain self-identity, the ability and desire to fight for others, be company when others hurt and rejoice with them with they are victorious. There is purpose in being made new and the process of fighting for what should have been and what is possible to be is worth the fight. And, through Christ, anything is possible!

<http://www.myjourneyjournal.org/>





90 IT'S NOT JUST YOU

**CHERIE DOYEN**, AUTHOR OF  
JUNEBUG AND ADVOCATE FOR CHILD SAFETY  
AND AWARENESS

You are a beautiful perfect being. Keep asking questions and keep moving. There is joy on the other side. It is your right.

<http://cheriedoyen.com/>

[@CherieDoyen](#)



91 IT'S NOT JUST YOU

# LAMA FAKIH, SYRIA AND LEBANON RESEARCHER AT HUMAN RIGHTS WATCH

You are not alone, and it is not your fault. Collectively, we can take action to protect children from abuse and ensure perpetrators are held to account. There is power in your voice and in you sharing your story.

<http://www.hrw.org/bios/lama-fakih>

[@lamamfakih](#)





## MEENAKSHI GANGULY, SOUTH ASIA DIRECTOR, HUMAN RIGHTS WATCH

Thank you for breaking the silence. Our work on child sex abuse makes me angry because we are failing our most vulnerable. Often a child does not even understand what is happening when they are abused, except that it is uncomfortable; that usually someone they are expected to trust and look up to is doing something that doesn't feel right, particularly when they suggest that the act remain secret. If they do understand, most children are unable to find the words to tell anyone. And if they do tell someone, quite often they are ignored, or told to forget about it. And if indeed someone does choose to do something about it, the life of that child becomes fraught with quarrels, weeping mothers, angry fathers, difficult questions from the police, unpleasant and painful encounters with doctors, and then a court process that is bewildering, long, and often terrifying because so there are adults basically calling the child a liar.

Social barriers are hard enough to overcome, but the institutional barriers don't help. We need a criminal justice system that responds quickly and effectively to prosecute perpetrators. We also





need a network of child care specialists that will look after the child, make sure they receive counseling, reassurance, and above all tell them: it is not your fault.

But most of all, we need the silence to end. The sexual abuse of children should no longer be denied, because only when we talk about it can we expect it to stop, and make sure that the cruel and perverted adults who indulge in such abuse are properly punished.

<http://www.hrw.org/bios/meenakshi-ganguly>

[@mg2411](#)

## 93 IT'S NOT JUST YOU

# MAUSI SEGUN, NIGERIA

RESEARCHER AT HUMAN RIGHTS WATCH

“Do not let the pain shut you up. Give it a voice. For you. For others. They also need to know that they are not alone.

Do not give shame the power to put you down. The shame belongs to those who wronged you.

Do not choose silence. You have to speak up. For you. For others.”

<http://www.hrw.org/bios/mausi-segun>

[@MausiSegun](#)



# DR. PRINCESS OLUFEMI-KAYODE,

ASHOKA FELLOW; FORENSIC INTERVIEWER; SEXUALITY COUNSELLOR; ADVOCATE; ACTIVIST AND SURVIVOR

You may seem like a wreck sometimes or most times. Suffering on the inside, alone with no solace. After the dark tunnel is sunshine. Hard journey, many have trailed pass. There are survivors and there are overcomers. Yet still are conquerors. Take back the power and take control. You can, we can and we have.

<http://www.mediaconcern.net/>

[@CessoKay](#)





## BECCA STEVENS, FOUNDER OF THISTLE FARMS

I would want to tell them that healing, while sometimes a slow process, does come with grace, patience, and time. Abuse will attempt to disrupt a person's life, to victimize and break them down. I've worked with hundreds of abused women, and like the thistle, I've seen them come back strong, proud, and beautiful. It takes time, and a community of people you can rely on to turn wounds to scars. At Thistle Farms, we stand by the code that "Love Heals." I believe Love can heal all things when we rely on the grace, strength and mercy of those around us, and that together we are stronger than we could ever be alone.

<http://www.beccastevens.org/>

<http://thistlefarm.org/>

[@RevBeccaStevens](https://www.instagram.com/RevBeccaStevens)



96 IT'S NOT JUST YOU

**BIDEMI EKANEM,** CHANGE  
AGENT AND CSA SURVIVOR;  
#MENCANENDRAPE & #ZEROTOLERANCE

In the tears,

In the sleepless nights,

In the trauma,

In the suicidal thoughts,

In the fears,

In the feeling of hopelessness,

In your pains, find PURPOSE!!!

Be brave enough to LIVE AGAIN!

The shame is theirs not yours!.

<http://www.endrapeandsexualabuse.org/>

[@lamIsaiah60](#)





**DR LISA COONEY,**  
MARRIAGE AND FAMILY THERAPIST AT DR. LISA  
COONEY, MFT

You are not a victim. You do not need to embody victimization. You are a person who experienced a significant and horrific violation of your energy, space and consciousness. That infiltration and violation was the responsibility of the perpetrator. That is the real victim.

You are way more than the abuse you experienced. The abuse does not define you. It was something that occurred. Acknowledging the abuse, owning and releasing your feelings related to the abuse and dealing with all the facets of the trauma related to the abuse will remove the perpetrator's hold on you and put you in the driver's seat of your life.

You are an empowered being who can thrive beyond abuse. You can live a life of radical aliveness and create the living dream beyond anything you ever thought possible. You have the power to eliminate and eradicate all abuse off this planet by living your dream and being the brilliant you you truly be. You being you and unleashing your unique contribution on the planet is your revolutionary movement beyond abuse, beyond anything.





## HEATHER SMITH, CERTIFIED ACCESS CONSCIOUSNESS FACILITATOR AT ENDING PTSD

What if everything you have been through did not have to define you? What if it did not have to haunt you, or limit you from anything ever? Right now that might seem impossible...but, what if? What would it take? Did you know that by simply asking that question you will begin to find out?

What would it be like to be present with yourself like no one else has been? What if you had your own back? What if you can be for yourself what you did not get from the perpetrator, or any number of people in your life? We so often look to others to provide what we did not get. The nurturing, the honoring of our choices, the kindness and consideration we rightfully should have had. If you are surrounded by people who do not have that for themselves, how can they give it to you? So again I say, what if you can be the kindness, caring, nurturing presence for yourself and with yourself that you did not get from others? What if you were to treat you as you should have been treated, not as you were? What if you started to choose that today?...it is your choice.



What choices do you have available to you that you never considered? Would you allow yourself to begin having those choices from today going forward? Your choices you make every day create your life, change your choices and you change everything; moment by moment, day by day. You can create your future free from the past by what you choose right now.

<http://www.endingptsd.com/>

[www.heathersmith.accessconsciousness.com](http://www.heathersmith.accessconsciousness.com)

# CHRISTEL CRAWFORD,

ACCESS CONSCIOUSNESS CERTIFIED  
FACILITATOR

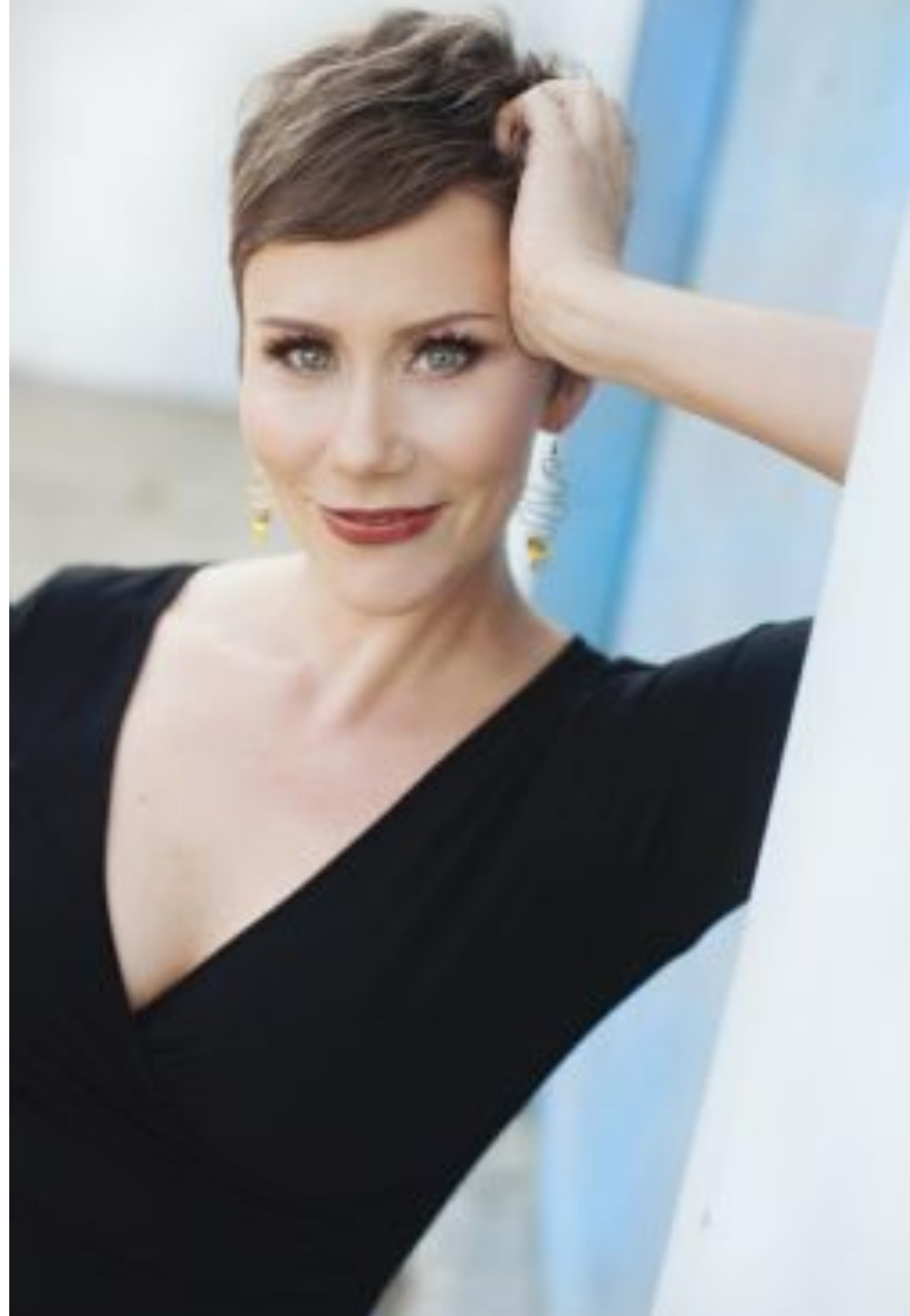
Hey beautiful you..... I spent most of my life feeling desperately alone and sad. Like, almost all the time. It was like I could be bright and shiny in public, but deep down in the core of me, I knew I was rotten. And dark. And deeply, deeply, fatally ruined. And flawed.

I knew there was nothing that could fix this for me, even as I worked and hoped and tried to fix it. Fix me.

Because I knew that I was the broken one.

If I hadn't been broken, this never would have happened to me, right?

I mean, if there hadn't of been something terribly terribly wrong with me, he wouldn't have done that to me.





Right?

And if I could share one thing with you.... beautiful, beautiful you.....  
it's that there is nothing, and I mean nothing, that is actually wrong  
with you.

And that everything you ever thought was wrong with you..... is ac-  
tually right.

And that everything you think you feel, that feels so real..... and  
heavy.... and solid..... is actually not even yours.

I know. I know it feels like yours. I know you've had these feelings  
so long that they couldn't possibly not be yours.

But what if they weren't? And what if every single thing you've ever  
thought was wrong with you, was your biggest strength? And right-  
ness?

Would you be willing to look at a different possibility? And go be-  
yond even hope that this can get better, into that beautiful little sliver  
of light that is your knowing, that something else has to be possible?

What if you could go beyond this abuse.... beyond this  
survival.....this dark place that you've been living for so long....  
into the possibility that you could actually be happy? light? thrive?

You are strong. And brave. And courageous. What if..... there's  
more?

[www.christeljoycrawford.com](http://www.christeljoycrawford.com)

[http://www.accessconsciousness.com/fac\\_detail.asp?mid=1543](http://www.accessconsciousness.com/fac_detail.asp?mid=1543)

<http://christeljcrawford.wordpress.com>

## 100 IT'S NOT JUST YOU

# IYANLA VANZANT,

INSPIRATIONAL SPEAKER, LAWYER, SPIRITUAL  
TEACHER, AUTHOR, TV PERSONALITY

Beloved,

If I could share one thing with someone who has experienced sexual abuse it would be . . .

You are not a victim! Like everything else, sexual abuse is an experience that does not strip anything from the essence of who you are.

You are a living demonstration and unique expression of the Creator.

Sexual abuse in no way changes or alters that truth.

Victims are powerless. Those of us who have experienced sexual abuse are NOT powerless, unless we choose to be.

We have the right and capacity to declare and claim our freedom from the past. We have the ability and power to live beyond what we have experienced. Were we violated? Yes. Were we betrayed? Yes. Were we prey to someone who did not recognize or understand the presence of the Creator in every living being? Yes. And . . . none of that alters the truth of who we are - - - Divinity in human form.



Take back your power! Refuse to be a victim!

[www.iyanla.com](http://www.iyanla.com)

<http://www.innervisionsworldwide.com/>

[@IyanlaVanzant](#)



**“NOW YOU'RE PART OF A MOVEMENT.  
IT'S THE MOVEMENT OF THE UNSTUCK, OF  
PEOPLE WHO WANT TO MAKE REAL CHANGE,  
WHO WANT TO MAKE THINGS REMARKABLE.”**

- SETH GODIN, *THE BIG MOO: STOP TRYING  
TO BE PERFECT AND START BEING REMARKABLE*

Thanks for reading the book! :-) And since you've made it this far, I hope you'll be willing to go a little further.

While we were reaching out for people to contribute to this book, we received numerous emails expressing excitement and enthusiasm for this project. We heard comments like “Let's collaborate in creating an audio project” or “I want to be more than just a blurb in the book; please let me know what else I can do” and many others that let us know...that releasing *It's Not Just You* might be the beginning of a bigger, on-going conversation.

We hope it is, and we've got dozens of ideas that we're looking forward to sharing with you in the months and years to come (we're in this for the long haul). We've got plans to do podcasts, videos, songs, dramas, plays, movies, comic books, apps, ebooks...using every means possible to obliterate the silence around childhood sexual abuse.

If any of this resonates with you, then we'd love to stay in touch and collaborate with you through our mailing list. And you can sign up to it by clicking the link below:

**[Click to subscribe to the Think Speak Run Newsletter](http://www.thinkspeakrun.com/newsletter)**

(<http://www.thinkspeakrun.com/newsletter>)

But if this is where we part ways, we just want to say thank you for taking the time to read this book...thank you for taking the time to share it with others...and no matter what you're going through, please, please, please, remember...it's not just you.