

Chapter 10

Questions to Ponder

1. As you reflect on your own experience, can you see how you may have attempted to rewrite your past in order to minimize your pain and deny the truth of how bad it really was?
2. What have been some of the consequences of glamorizing the past? Have you gone back into the abusive relationship, or have you been tempted to return? Reread “Clear Signs an Abuser Has Not Changed” (appendix J) and “Maneuvers an Abuser Uses to Keep You from Leaving” (appendix L).

3. Do you struggle with feeling you aren't healing fast enough?
Review your answers to the questions in previous chapters. Note areas you are making progress. What do you understand now that you didn't prior to reading this book?
4. Perhaps you believe you are further along than you actually are. If you were to ask your best friend or someone you trust, would they encourage you to stay the course as you continue healing well? We all have blind spots and cannot see things within ourselves that others sometimes can. Allow someone who truly has your best interest in mind to help you see clearly the areas within yourself that may be out of focus.
5. What good decisions have you made that you are now beginning to see the results from? What good decisions do you still need to make to experience the life you deserve?

Prayer of Reflection

I am thankful, Jesus, for all that I'm learning and for how far You have brought me. Still now, however, I feel scrambled at times. Was it that bad? I no longer think that thought than flashbacks start to flood my mind, quickly confirming my pain is real and the abuse did happen. Help me to stop rewriting parts of my story to make it more palatable. Help me to stay firmly grounded in truth. There were some good times, but a safe relationship doesn't just have times that are good. Rather, a truly good relationship is safe all the time. Not because it is perfect but because there is no abuse. No fear. I don't want to live with fear anymore. I want to live in peace and safety. Pace my steps and enable me to receive wise counsel. If I start to run ahead of where You have me for now, please draw me

back. When I struggle with doubt, gently remind me that the plans You have for me are for good, not for harm, to give me a future and a hope. Amen.

God's Enduring Promises

For I know the thoughts that I think toward you, says the LORD, thoughts of peace and not of evil, to give you a future and a hope. (Jeremiah 29:11 NKJV)

And now, dear brothers and sisters, one final thing. Fix your thoughts on what is true, and honorable, and right, and pure, and lovely, and admirable. Think about things that are excellent and worthy of praise. (Philippians 4:8 NLT)

Trust in the LORD with all your heart,
And lean not on your own understanding;
In all your ways acknowledge Him,
And He shall direct your paths. (Proverbs 3:5-6 NKJV)

Don't be impatient for the Lord to act! Keep traveling steadily along his pathway and in due season he will honor you with every blessing. (Psalm 37:34 TLB)