



From Silence to Strength

A Guided Journal for Survivors
of Child Sexual Abuse

By Dr. Chantrese Oliver

For survivors of child sexual abuse- a safe space to reflect,
heal, and grow



Dear Survivor,

This journal was created for you. Whether your experience is recent or from many years ago, please know this: you are not defined by what happened to you.

Surviving child sexual abuse takes strength beyond words. Healing from it takes courage- and you have already shown that courage by opening this journal. Every page that follow is here to give you space; space to breathe, to reflect, to release, and to reclaim the parts of yourself that were always meant to shine

Healing is not a straight path. some days you may write with ease, other days you may only sit with an affirmation. Both are okay. This is your journey, and there is no right or wrong way to move through it.

As you turn these pages, I want you to carry this truth:

- You are worthy of love.
- You are worthy of peace.
- You are worthy of healing.
- And most of all, you are worthy of joy.

Thank you for trusting yourself enough to begin. I am honored to walk beside you in these pages..

With compassion and solidarity,
Dr. Chantrese Oliver



Today, I Begin Again

*I am not what happened to me.
I am becoming who I choose to be!*

Reflection Prompt

When I think about my healing journey,
what do I hope to find or feel?

*Take your time. Healing is not about
perfection- it's about progress.*



MY VOICE MATTERS

*My voice is powerful, and I
deserve to be heard.*

REFLECTION PROMPT

- If I could speak freely without fear, what would I say to myself?
 - What would I say to someone who silenced me?
-

GENTLE GOALS SECTION (HEALING -FOCUSED)

- This week, I give myself permission to...
- One small act of kindness I will show myself is...
- A safe way I can use my voice this week is...

Remember, your voice is not too small, too broken, or too late. The world needs your truth.



BODY FOCUSED GENTLE GOALS MAPPING

Your body is yours—it deserves care, safety, and love. These goals are not about control, but about reconnecting with your body in safe and gentle ways.



Safe: What is one way I can help my body feel safe this week? (example: choosing clothes that feel comfortable, deciding who I allow near me)



Mindful: What mindful practice can I do to notice and honor how my body feels? (example: deep breathing, gentle stretching, mindful eating)



Affirming: What is one kind thing I can say or do for my body? (example: moisturizing my skin, resting without guilt)



Restorative: What restores calm or peace to my body? (example: taking a warm bath, moving in ways that feel good (walking, dancing, stretching))



Tender: How can I treat my body with tenderness today, without judgment or pressure? (example: placing my hand on my heart, speaking kindly to myself, resting without guilt).

Your body has carried you through pain, and it still chooses life every day. You don't have to punish it- you can honor it, one gentle step at a time.



TODAY, I HONOR MYSELF



INTENTIONS FOR TODAY



- Today, I am allowed to be pretty for myself- without fear, without guilt, without needing anyone's approval.
- Today, I am allowed to feel safe in my own skin.
- Today, I remember that my body belongs to me- no one else.
- Today, I release the shame that was never mine to carry.
- Today, I choose to see my body as strong, worthy, and beautiful.
- Today, I can take up space without apologizing for it.



Honoring your body is an act of freedom. Reclaiming it is an act of power.



BODY AFFIRMATIONS



Affirmations to Reclaim My Body



- My body belongs to me- and only me.
- I am allowed to feel safe in my own skin.
- My body is not defined by what was done to it.
- I can be gentle with my body as it heals.
- I am worthy of loving my body without guilt or shame.
- My body is strong, resilient, and beautiful.
- I am allowed to rest without apology.
- I can choose who I allow near my body, and that choice is mine alone.
- Every breath is proof of my strength.
- One day, I can experience closeness without fear or guilt.
- Honoring my body is how I reclaim my power.

Your body is not broken. It is a survivor, just like you. Every affirmation you speak is a step toward wholeness.





REFLECTIONS OF THE BODY

Take a moment to sit with the affirmations you've just read. You don't need to respond to all of them.

Simply notice:

- 1. Which affirmation feels most healing to me right now?*
- 2. Which one feels hardest to believe- and why?*
- 3. Is there an affirmation I want to repeat to myself today?*

Every reflection is an act of courage. Even noticing how the words make you feel is part of reclaiming your body.



Grounding in My Body

GENTLE GROUNDING EXERCISE

If I feel triggered, I can pause and bring myself back into this moment by noticing:

- *5 things I can see*
- *4 things I can touch*
- *3 things I can hear*
- *2 things I smell*
- *1 thing I can taste*

Optional Practice- Breathing with Safety

- Place one hand on your chest and the other on your stomach.
- Inhale slowly for a count of 4.
- Hold for 2.
- Exhale gently for a count of 6.
- Repeat 3 times, saying to yourself: *"I am safe. I am in control. I am home in my body."*

Optional Practice- Grounding Through Touch

- Hold something comforting (a blanket, a soft object etc).
- Focus on its texture and remind yourself: *"I choose what touches my body. I am in control of this moment."*

When I feel triggered, I can return to safety within myself. My breath, my senses, and my body are mine to reclaim.



LETTER TO MYSELF

INSTRUCTIONS (GENTLE AND OPTIONAL)

This is your space to write to yourself. You may want to offer encouragement, compassion, or even forgiveness. You can write as your present self, your younger self, or your future self. There is no right or wrong way—just your truth.

Prompt Starters:

- *Dear body, I want you to know...*
- *I am learning to see you as...*
- *One thing I forgive you for...*
- *You carried me through...*
- *I am proud of you because...*
- *I no longer believe that...*

**Your words hold power. Speaking to
yourself with love is an act of
reclaiming your body and your healing.**



CLOSING AFFIRMATIONS



Affirmations to Carry With Me

- *My past does not limit my future.*
- *Healing is my lifelong gift to myself.*
- *I am not alone- my story carries power.*
- *I release shame and welcome self-love.*
- *I trust myself to keep choosing healing, one step at a time.*
- *I honor the strength it takes to keep moving forward.*
- *My survival is proof of my courage.*
- *I have the right to choose what feels safe for me, always.*

Healing is not about reaching an end- it is about honoring yourself every day, in every moment, exactly as you are.

About the Author

Dr. Chantrese Oliver is an author, educator, and advocate with a PhD in Educational Psychology. She has worked in both the school system and in higher education as an academic advising coordinator and instructor, as well as in child protective services and crisis response.

As founder of Reclaiming Your Vision Consulting, LLC, she creates resources to empower survivors of child sexual abuse and to promote healing, prevention, and resilience. She is also the author of *Heal Her: A Guide to Self-Healing from Within*; *Love, War, and Payback*, and *My Body is a No-Touch Zone*.

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Dedication



This journal is for those who carried pain in silence. May these pages be a soft place to land, and a reminder that strength has always lived within you.