

1 Starting an activity journal



If you are working through *The Warrior Within*, these two exercises and further useful information to help you in your recovery can be found on pages 9-10.

Buy an 'activity journal'

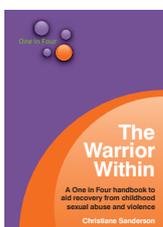
Buy an '**activity journal**' – a notebook or folder in which to record your feelings and thoughts as you work through *The Warrior Within*. It is also a useful place to record and monitor your recovery, including what works, what makes you feel better and any setbacks. This journal of your recovery can be either a diary, a lined exercise book, a blank notebook, a scrapbook, a selection of coloured paper, which can be put into a folder, a document on your computer, a photo album or something that you make yourself. You might wish to customise the cover with images, words or symbols that represent you, or your warrior, and your healing journey. If you are self-conscious or anxious about writing you can draw, or record your entries onto a CD, MP3 player, mobile phone or video.

After each entry reflect on what you have recorded and list three things that you have in your life that you are grateful for and express your gratitude.

Listing your support network

A good way to start your journal is by making a list of contact details of all those in your **support network**. This should include professionals such as your GP, counsellor, support worker, social worker, useful organisation such as One in Four, or Samaritans, as well as trusted friends and family. List phone numbers, and email addresses along with best times to make contact.

It might be useful to include numbers that can help in an emergency when you are not able to contact those in your support network, such as the One in Four helpline 020 8697 8022 or Samaritans 08457 90 90 90. It is also helpful to note the particular skills that friends and family possess and how they can best support you, either practically or emotionally so you can contact the one that is best for you at any point in your recovery.



The content of this exercise sheet is based on *The Warrior Within: A One in Four handbook to aid recovery from childhood sexual abuse and violence* by Christiane Sanderson

To order your copy, click the book cover

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