

## 2 Finding a metaphor of your healing

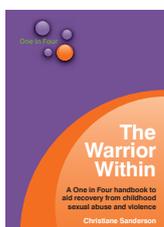


If you are working through *The Warrior Within*, this exercise and further useful information to help you in your recovery can be found on page 10 and page 39. This exercise assumes you have completed exercise sheet 1 **Starting an activity journal**.

In your journal, describe, draw or make an image or **metaphor** of your healing. This can consist of an inspirational image, such as your warrior within, or a collage of favourite images that symbolise well being and healing to you. Finding a metaphor is particularly useful especially if it is something that resonates with you. Try to focus on the role of commitment, dedication and practice, setting goals and achievements as well as pitfalls and setbacks. Remember to consider the feeling of triumph and growth that you will have at the end of your recovery and include that in your metaphor. Your metaphor not only prepares you for the hazards and delights of your journey, but will also help you when you feel discouraged during the process of your recovery.

Some common examples include the warrior within, gardening, building a house or car, writing a book or play with you as the author, making music, directing a film with you as director, managing a sports team, or clearing an overflowing cupboard or drawer (see **Understanding the process of recovery and healing** on page 39 of *The Warrior Within*).

To help you identify what recovery means to you, you could also list some of the things that you associate with well being and living in a more meaningful way. If it is hard to put this into words, then make a collage of images, or a compilation of music that you find soothing or uplifting.



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

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**One in Four**  
219 Bromley Rd, Catford SE6 2PG  
Telephone 020 8697 2112  
Email [admin@oneinfour.org.uk](mailto:admin@oneinfour.org.uk)  
[www.oneinfour.org.uk](http://www.oneinfour.org.uk)

Registered charity number 1081726