

## 6 Writing down your childhood sexual abuse experience



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 30. This exercise assumes you have completed exercise sheet 1 **Starting an activity journal**.

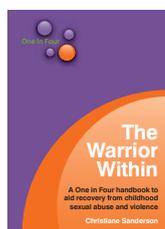
 **If you get upset at any point while doing this exercise, STOP. Do something pleasurable and, when ready, resume the exercise.**

Make some time for yourself free of any interruption to write an account of the whole of your childhood sexual abuse (CSA) experience(s) in your journal. This can be done over several days and remember to stop if it becomes too distressing.

Write down everything that happened, what were you doing, thinking and feeling in the present tense. Make sure to include your reactions, physical sensations and all you saw, smelled, heard, touched or sensed around you, as well as what it meant to you.

Highlight what was the worst for you and how your experiences changed you, and how the trauma continues to impact on your life now. Allow yourself to experience any feelings and sensations without judging them.

On a separate page list your reactions to the trauma and identify any post traumatic stress disorder (PTSD) symptoms. Remember to reward yourself when you have completed this exercise.



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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