

11 Identifying fears around recovery and change



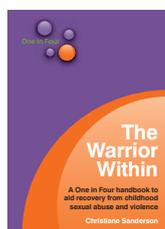
If you are working through *The Warrior Within*, this exercise and further useful information to help you in your recovery can be found on page 48. This exercise assumes you have completed exercise sheet 1 **Starting an activity journal**.

 **If this exercise is too difficult or upsetting, STOP. Take a break from it and make a commitment to return to it at a later point.**

Many of the obstacles to recovery stem from the fear and stress of change. Each person will have specific anxieties and concerns that are unique to them. Some will welcome the opportunity for change, while others are terrified. It is normal to have mixed feelings about change and it is helpful to acknowledge these.

To identify your fears around recovery and change, make a list of all your worries and anxieties. These may centre on re-experiencing the trauma, increased emotional distress, increased need to self-medicate or the impact change might have on your relationships.

Next make a list of how you numb your thoughts and emotions, such as food, alcohol or drugs, and link these to potential obstacles to your recovery. Once you have identified some of the obstacles, reflect on how you can overcome them. It also helps to discuss your concerns with a trusted friend to help you develop a plan of action to manage any obstacles.



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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