

41 Reconnecting to life



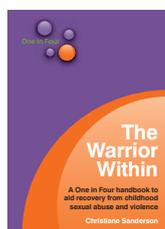
If you are working through *The Warrior Within*, this exercise and further useful information to help you in your recovery can be found on page 153-155. This exercise assumes you have completed exercise sheet 1 **Starting an activity journal**.

Consider some of things you could do for someone else and write a list in your journal.

For example you could visit an older person, take them out or go shopping for them, take out their rubbish or help them tend to their garden. You could help children at your local school with reading, or art; if you have a specific skill you could help tutor a child. You could offer to dog walk for a neighbour, or offer to help at the local hospital or a youth group.

If you feel you are ready you could volunteer with charities that help survivors of childhood abuse or rape, such as One in Four, or Rape Crisis. Or you could volunteer for Mind or Samaritans to help those with mental health problems.

You could also volunteer for charities that help to protect children such as the NSPCC, ChildLine, Barnardos or the National Children's Homes (see Resources on page 176). Or join an action group that works on behalf of people who have been abused.



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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