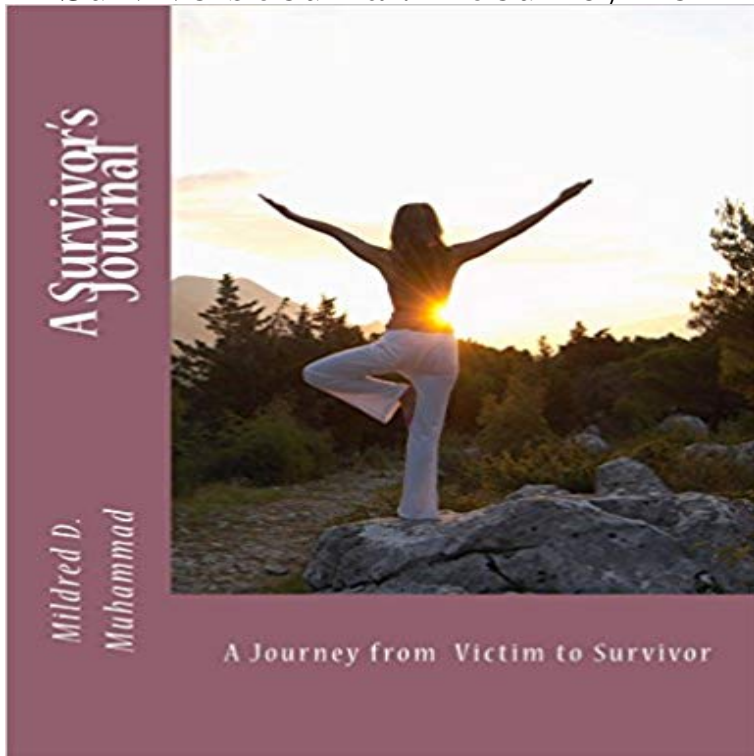


## A Survivors Journal: A Journey from Victim to Survivor



There are many emotions that need to be expressed for true healing to begin. Starting is the hard part. Inside this journal, I began the sentences for you. Completing them is your first step to healing. These particular sentences were created to help you to tap into those emotions you are afraid to share with others for fear of rejection. The pain of guilt, shame, fear, anger, anxiety, and other emotions you've been afraid to confront, are not yours to hold onto. We are a visual people. You have to see your pain to heal from it. As the former wife of John Allen Muhammad, the convicted and now executed, DC Sniper, I've felt no one could handle my emotions. I knew I had to get them outside of myself to heal. I began journaling and found more emotions I didn't realize existed. I couldn't tell anyone because I felt ashamed, guilty, and thought no one would believe me anyway. Writing them down gave me the opportunity to truly focus on my pain and how these emotions were affecting my everyday living. As I continued to write, without worrying about punctuation or how I would be accepted for what I was saying, my heart was no longer heavy. The more sentences I completed, the better I felt on a daily basis. Peace of mind is a wonderful thing! I'm so thankful to God for giving me the inspiration and guidance to share this journaling process with you. I hope and pray you will use it as a tool to help in your healing process. We all need to confront our emotional injuries we suffer on a daily basis. It is a long journey, however, it is worth the trip. A comprehensive safety plan, to escape your abusive relationship along with resources for victims/survivors are included.

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