

## 10 Tips from Survivors of Incest Who Have Learned "What Helps!"

1. **Read** all you can get your hands on regarding incest. This helps stop feelings of isolation when you see that others have had similar experiences.
2. **A survivors' group** experience. This helps you see that you are not alone, and gives you support, understanding and acceptance from other survivors.
3. **Individual Counselling/Therapy**. This will help you to be able to identify specific issues you have which are the result of incest.
4. **Talking to friends** you can trust about the incest. This will help you see how others care for and will further encourage you to also trust others.
5. Take the time to **review your childhood** through the eyes of the adult you are now. With the help of a counselor or group you'll be able to see that your family was sick, not you!
6. **Learn to do something** you've always wanted to do. This will help build your self-confidence which was destroyed or never allowed to develop as a result of the incest you experienced.
7. **Allow yourself to enjoy a luxury** you never seem to get around to. A warm, relaxing bubble bath, a walk in the woods, a quiet moment listening to music you enjoy – these are the luxuries that survivors of incest frequently deny themselves. While remaining open to caring for others' needs, remember to take time for yourself – you deserve it and can enjoy it if you allow yourself to do so.
8. **Take a course in "Assertiveness Training"**. Many survivors are afraid or don't know how to state their needs appropriately. These classes can help you learn to do so.
9. **Involve yourself in occasional childish activities**. Survivors are forced into adult roles at early ages and miss out on a lot of enjoyable activities in their childhood. This involvement in childish activities can make it easier to go back to your necessary daily responsibilities with a fresh outlook.
10. **Have a good cry!** There's lots of hurt and anger in all survivors. A good cry can really clear the air and feel like "the weight of the world is lifted from your shoulders afterwards".