



UNIVERSITY OF
CALGARY



**you are
not alone**



You are not alone — we believe you and want to support you. Sexual violence is a serious problem in our society that affects people of all genders, sexualities, and backgrounds. You belong to a caring community and we stand with you.

Everyone responds differently to trauma. In general, recovery is the ability to live in the present, without being overwhelmed by thoughts and feelings of the past. Be patient with yourself, allowing the time, space, and process you need. Consider being kind, gentle, and supportive to yourself — the relationship we have with ourselves is important to our healing.

We hope this book offers you an outlet to process difficult feelings, or simply to rest for a few moments.

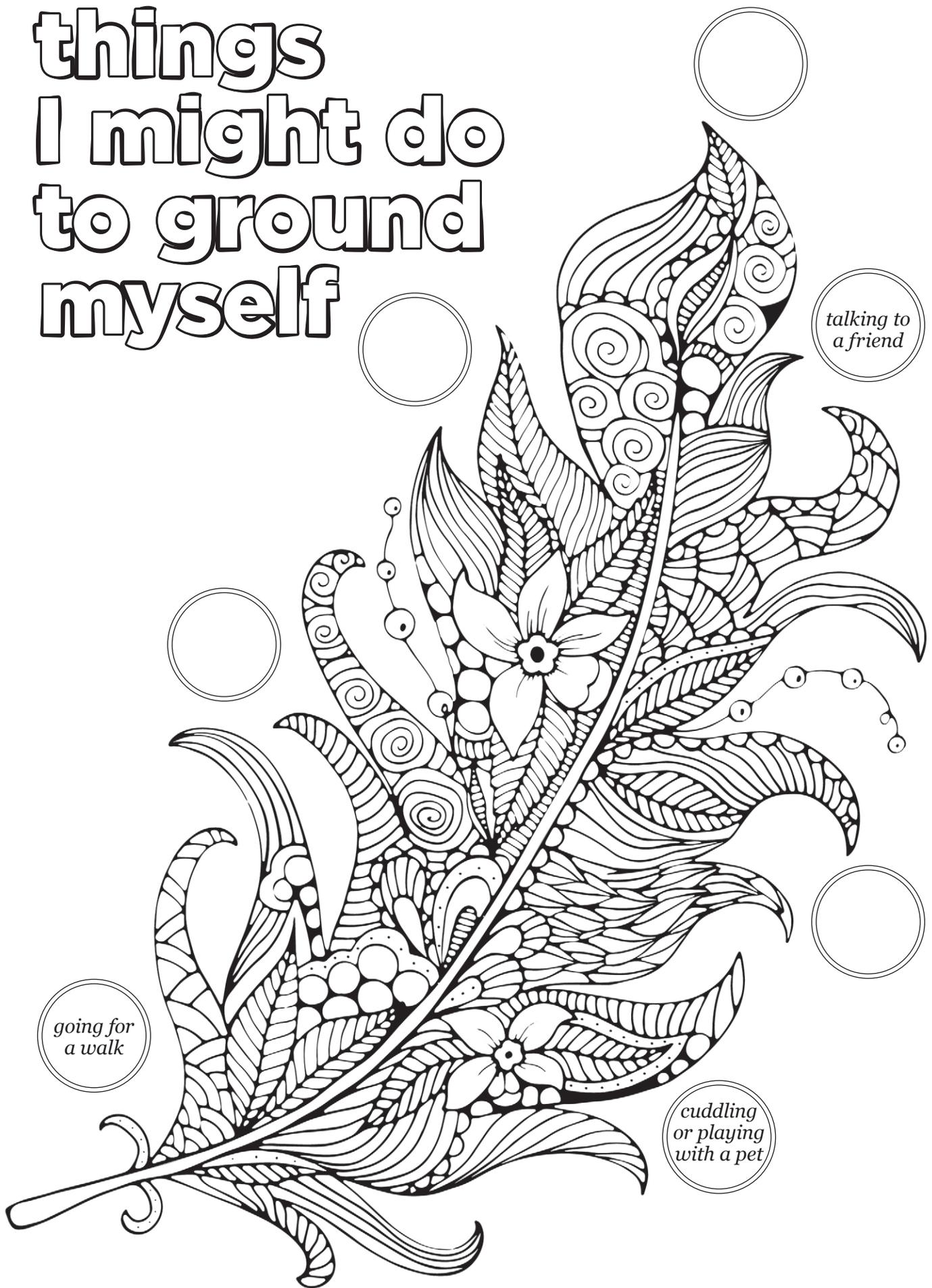
Sexual Violence Support Advocate
ucalgary.ca/sexualviolencesupport
T: 403.220.2208 | E: svsa@ucalgary.ca





you are not alone

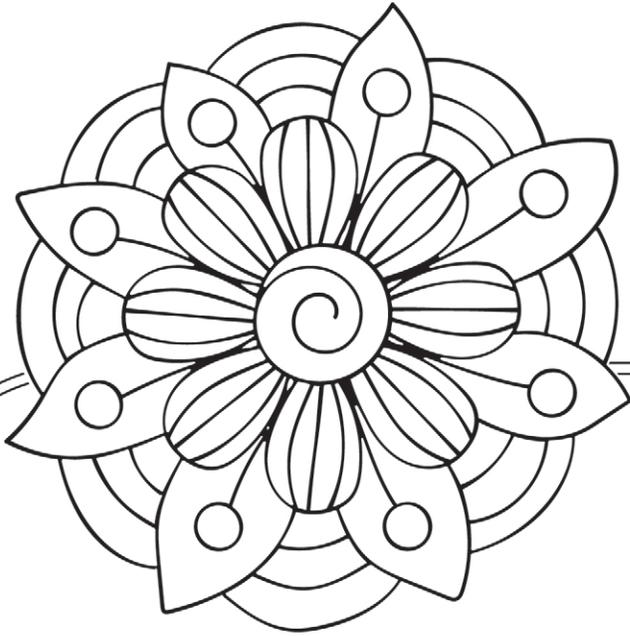
things I might do to ground myself



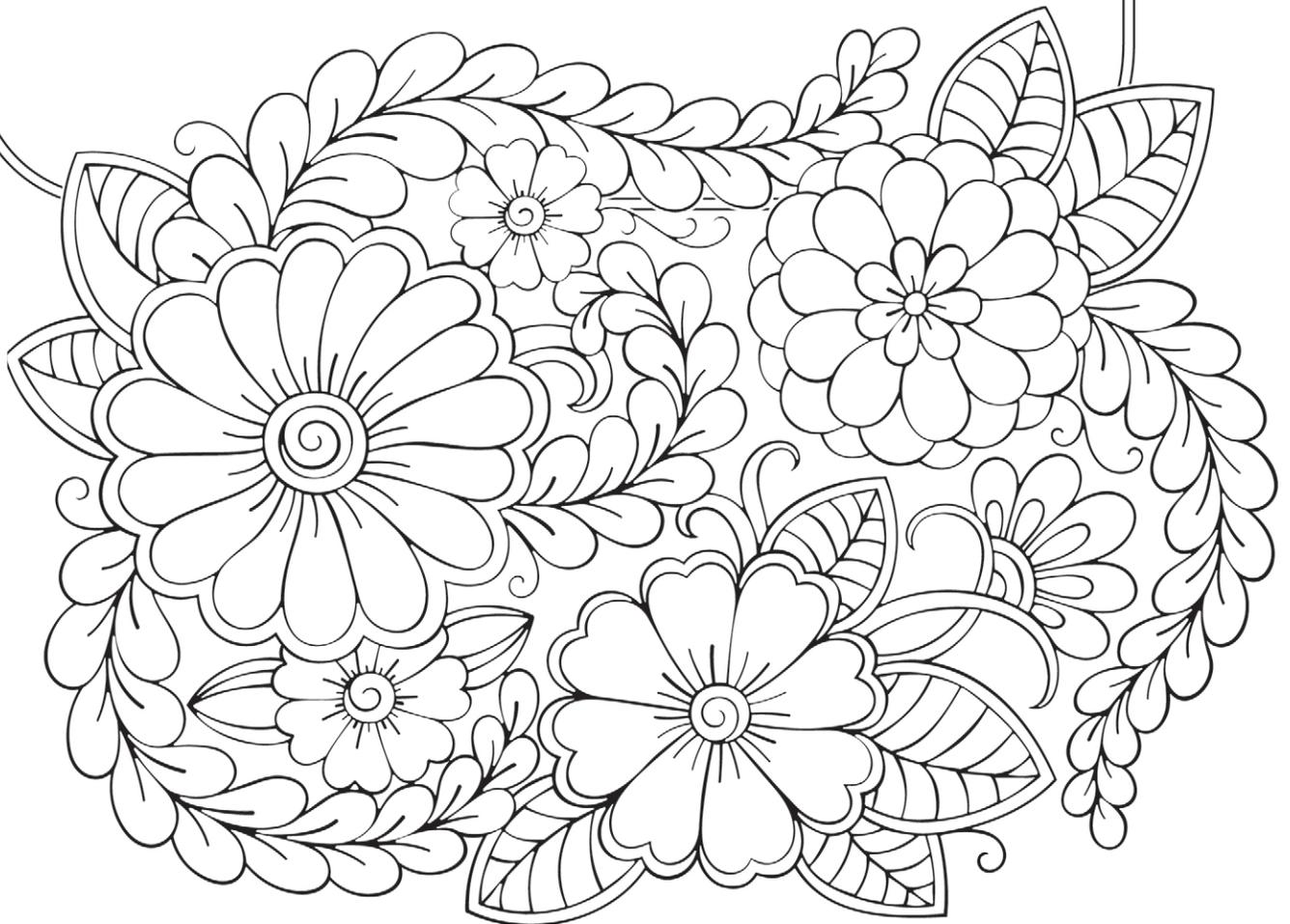
going for
a walk

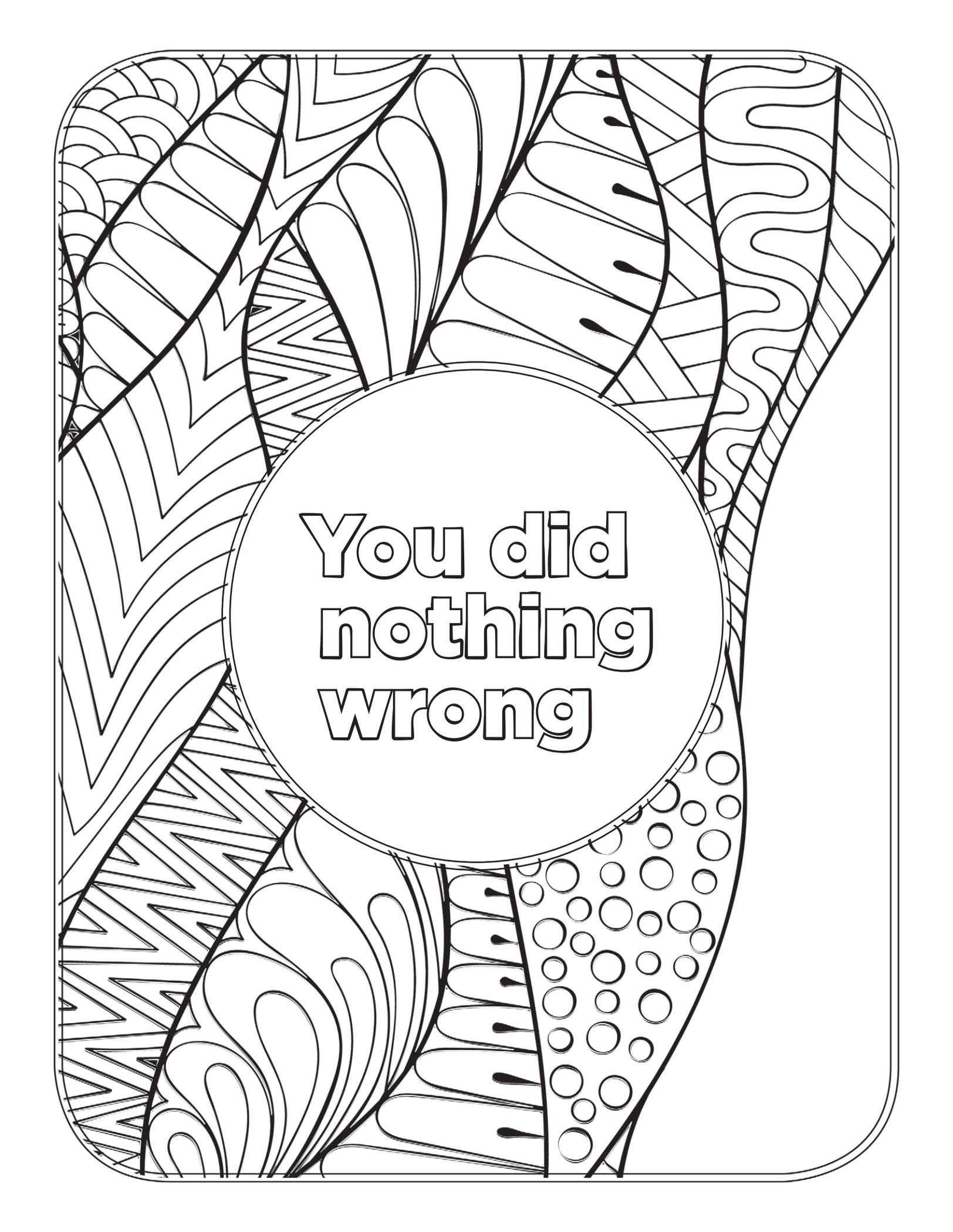
talking to
a friend

cuddling
or playing
with a pet



I believe you



The image features a large, stylized letter 'H' with rounded corners. The 'H' is filled with various intricate line patterns, including wavy lines, zig-zags, and circles. In the center of the 'H' is a large white circle containing the text 'You did nothing wrong' in a bold, outlined font.

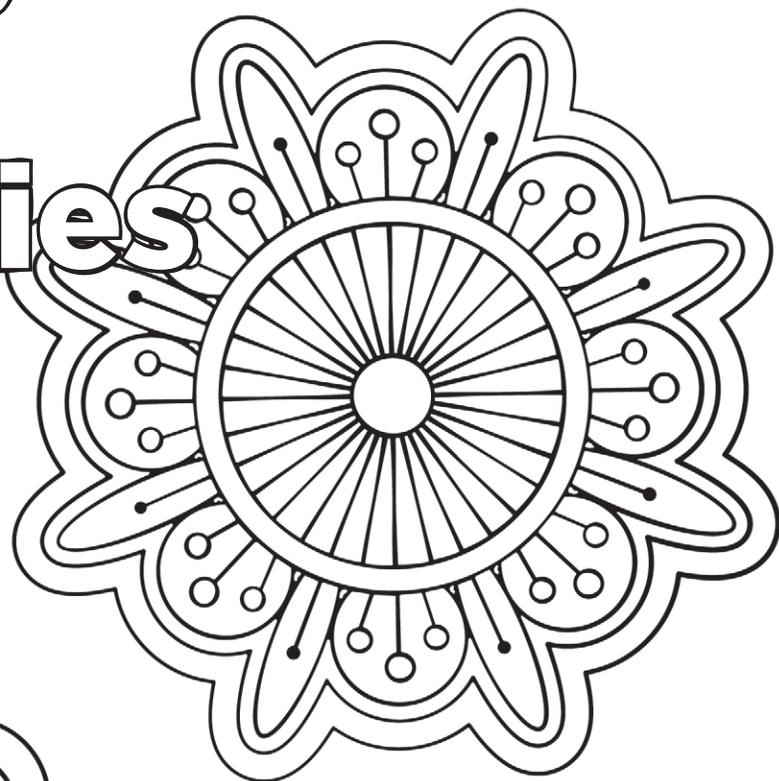
**You did
nothing
wrong**



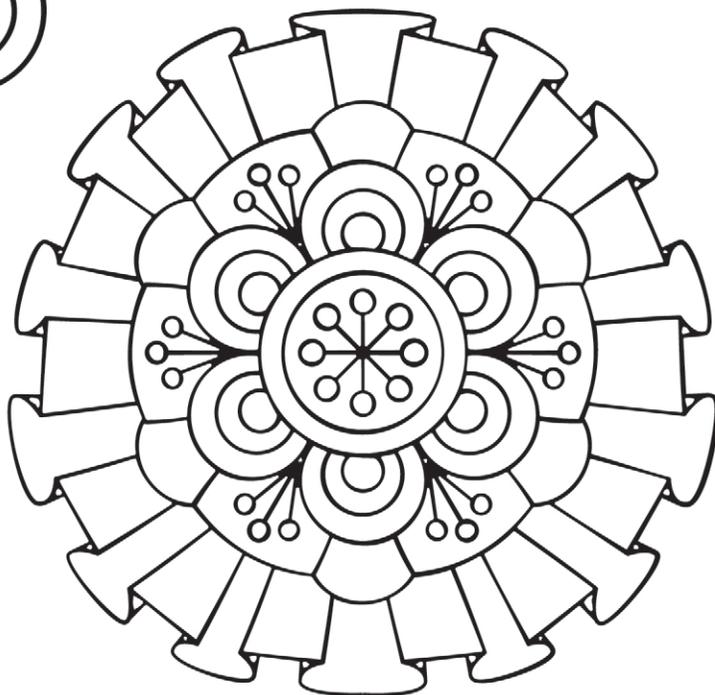
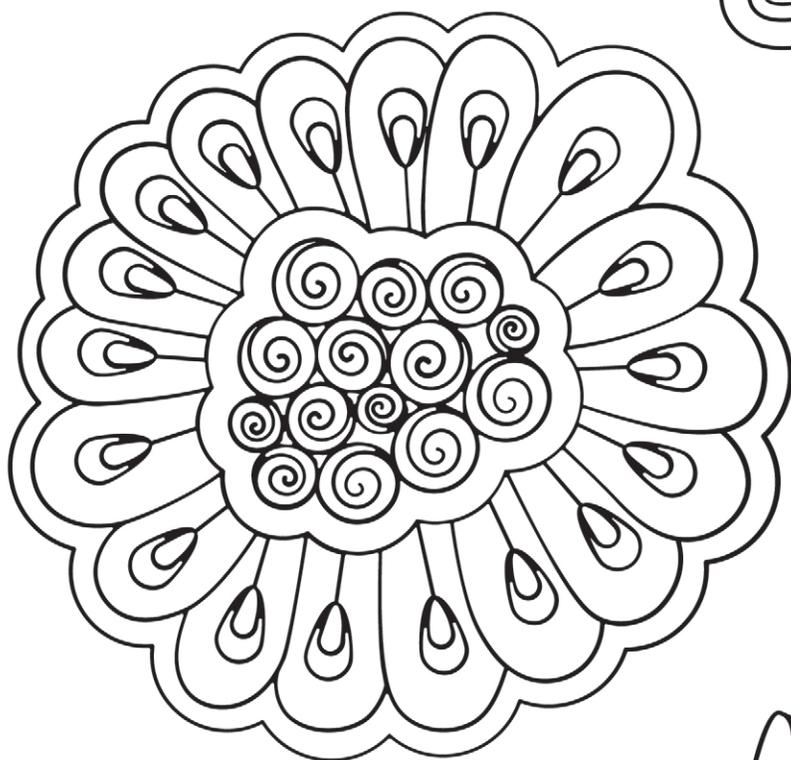
i am
deserving
of support
and respect

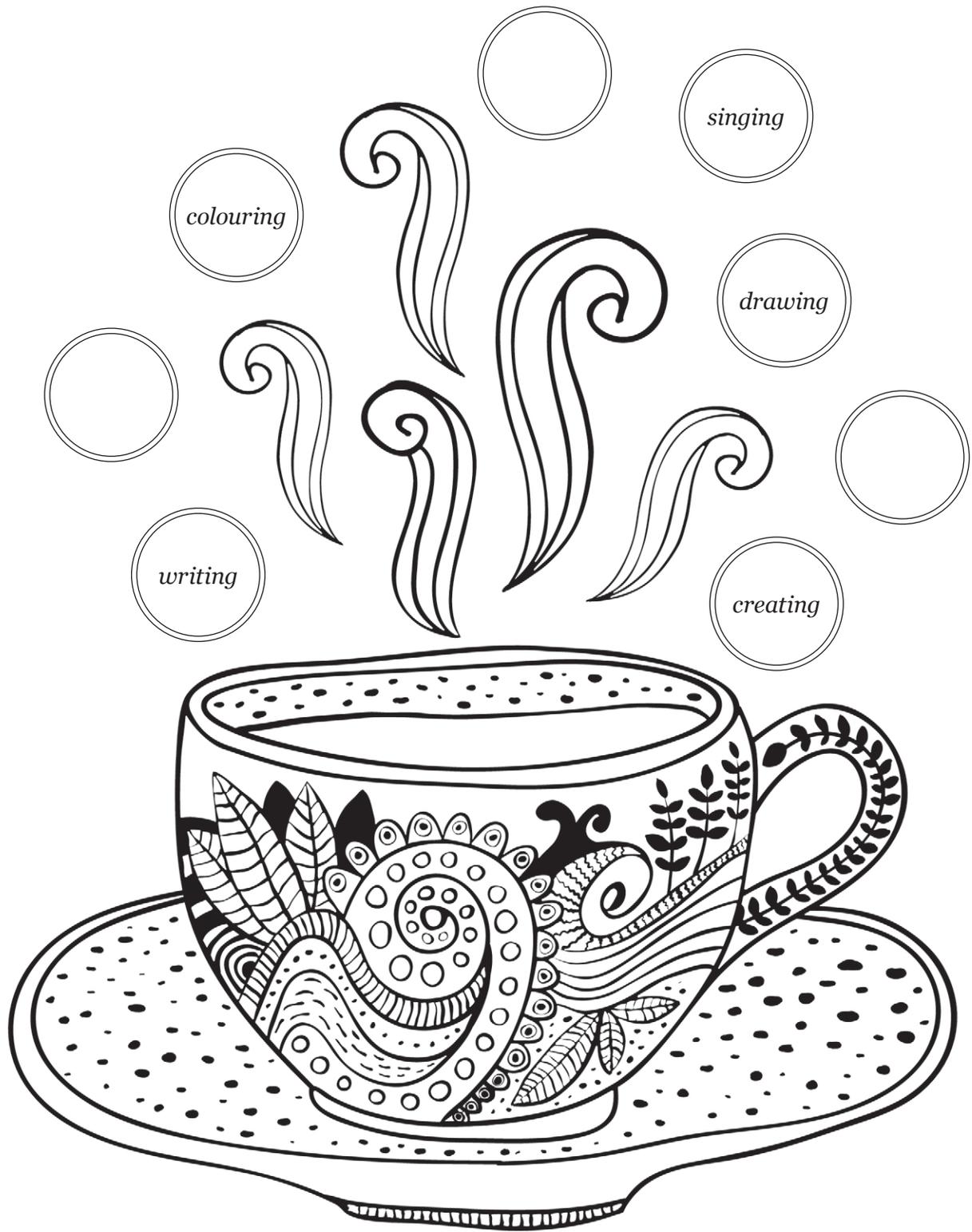
*I want to tell you something
that happened to me and
I need you to just listen
and give me the space to
walk away if I need to.*

every day
has new
possibilities

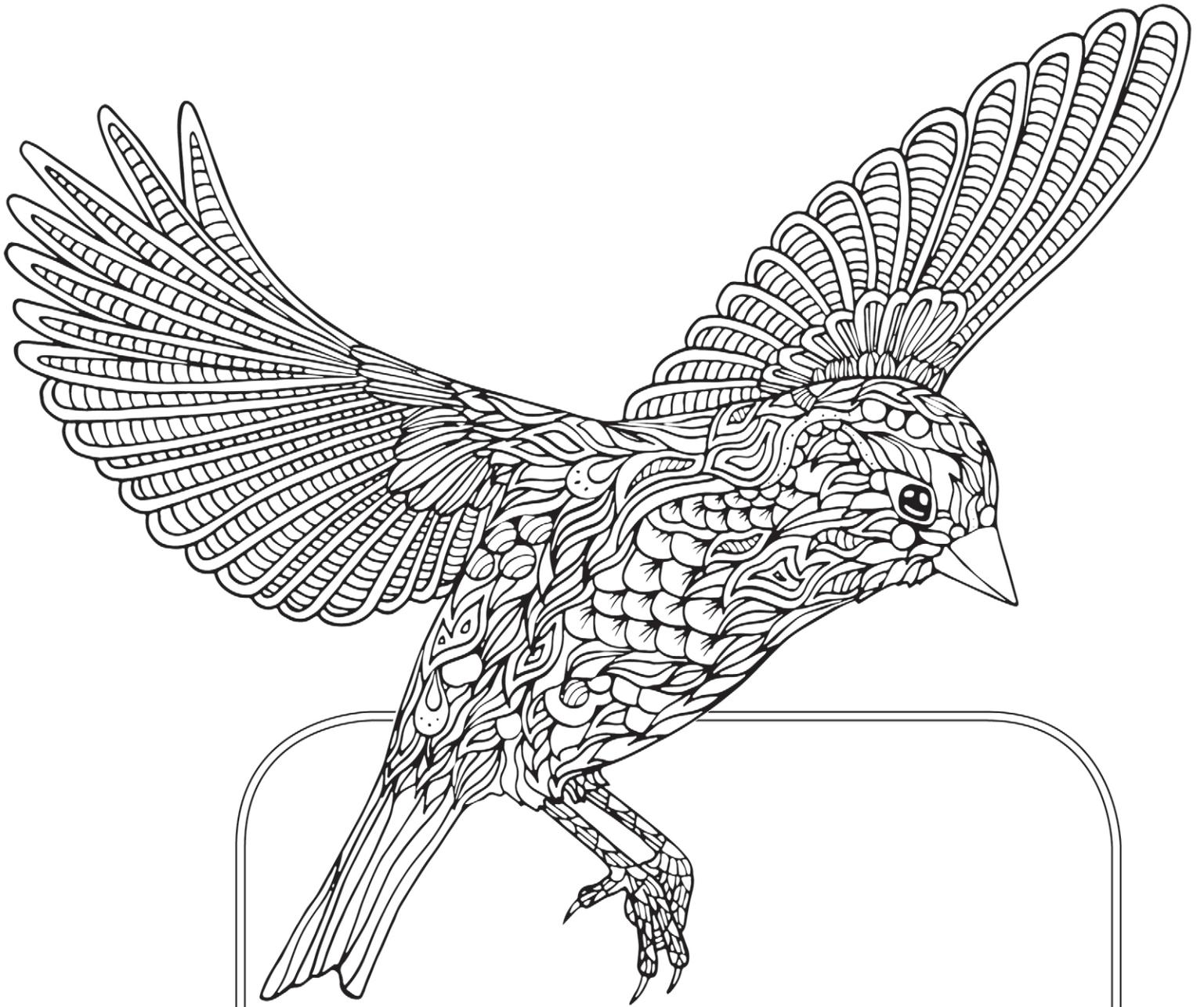


*Noticing the positive things
that happen today.*





creativity holds
potential for healing



**it's not
your fault**

**restoration
can be found
in supportive
relationships**



***Finding time for calm and rest.
Holding myself with kindness.
Taking care of my basic needs, as best I can today.
Cultivating supportive social resources.***

“Be attentive to what is arising within you,
and place that above everything else...
What is happening in your innermost self
is worthy of your entire love.”

— Rainer Maria Rilke

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