



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.

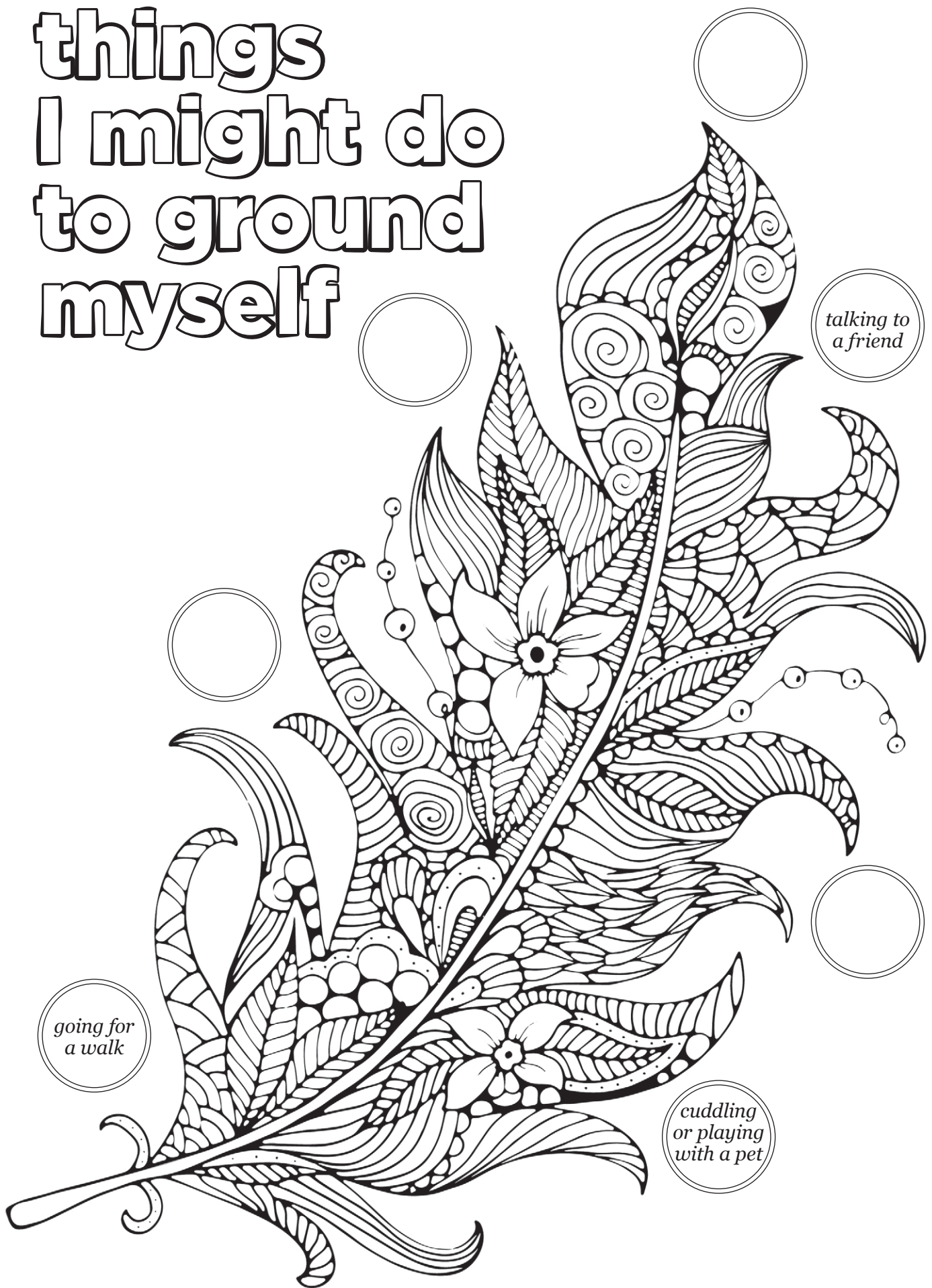
**Sexual Violence Support Advocate**  
**[ucalgary.ca/sexualviolencesupport](http://ucalgary.ca/sexualviolencesupport)**  
**T: 403.220.2208 | E: [svsa@ucalgary.ca](mailto:svsa@ucalgary.ca)**





**you are not alone**

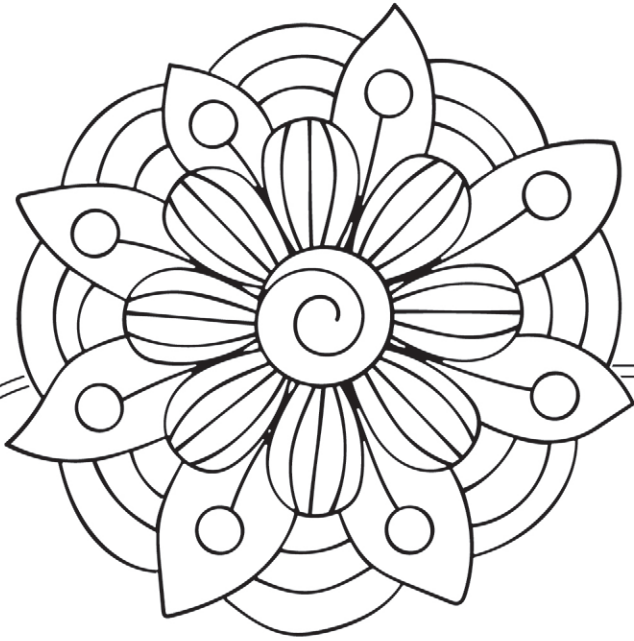
# things I might do to ground myself



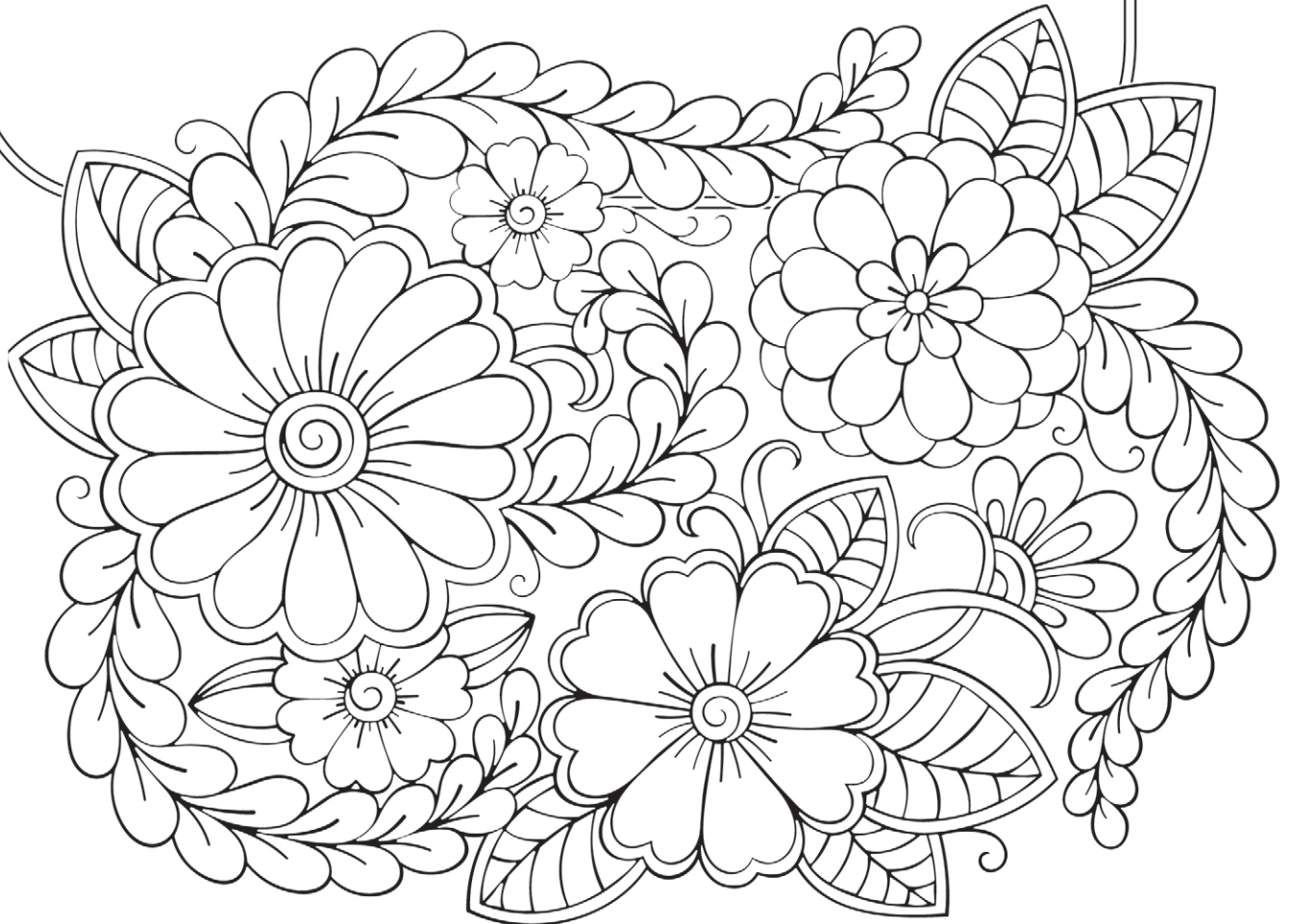
*talking to  
a friend*

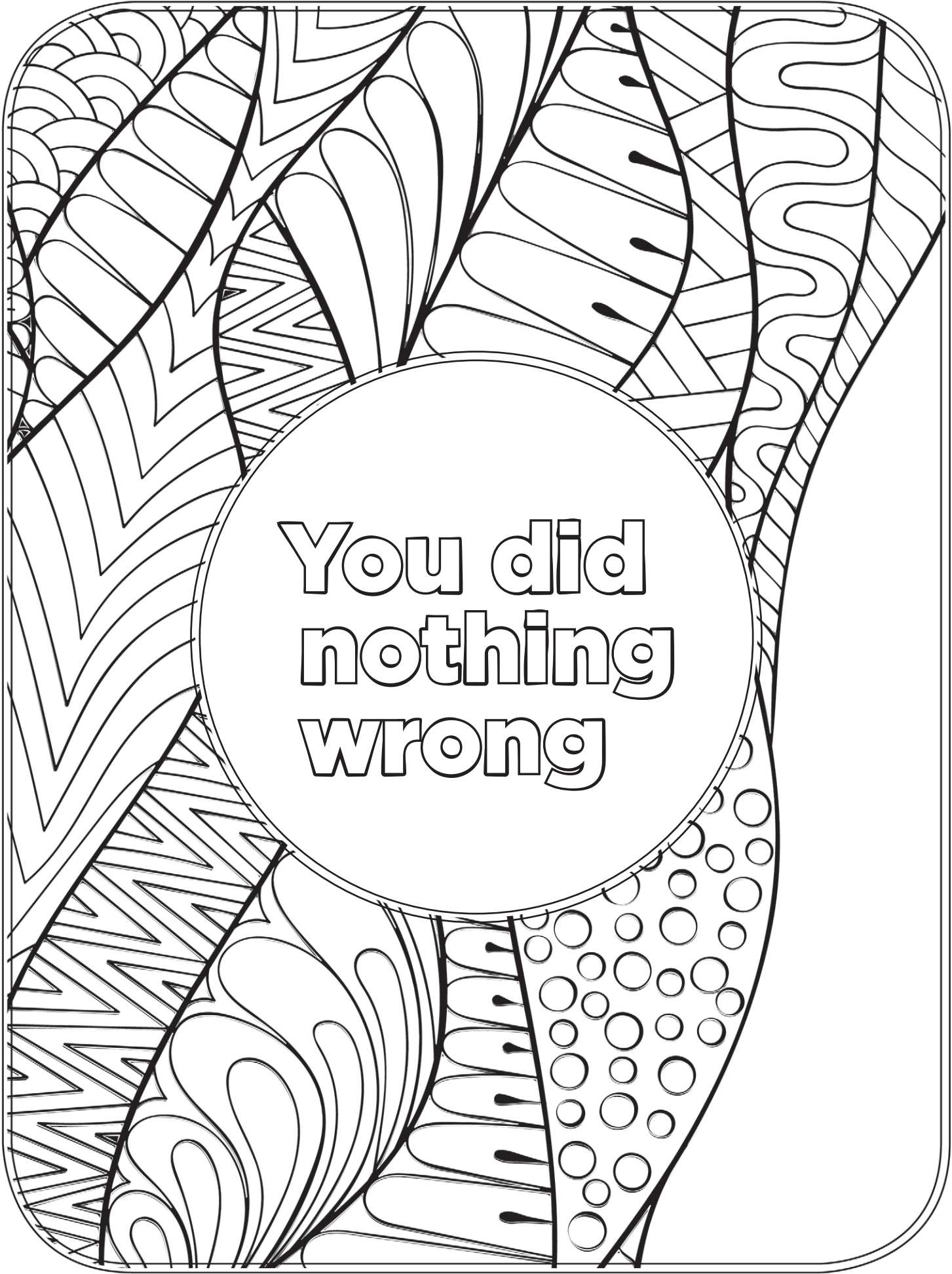
*going for  
a walk*

*cuddling  
or playing  
with a pet*



I believe you





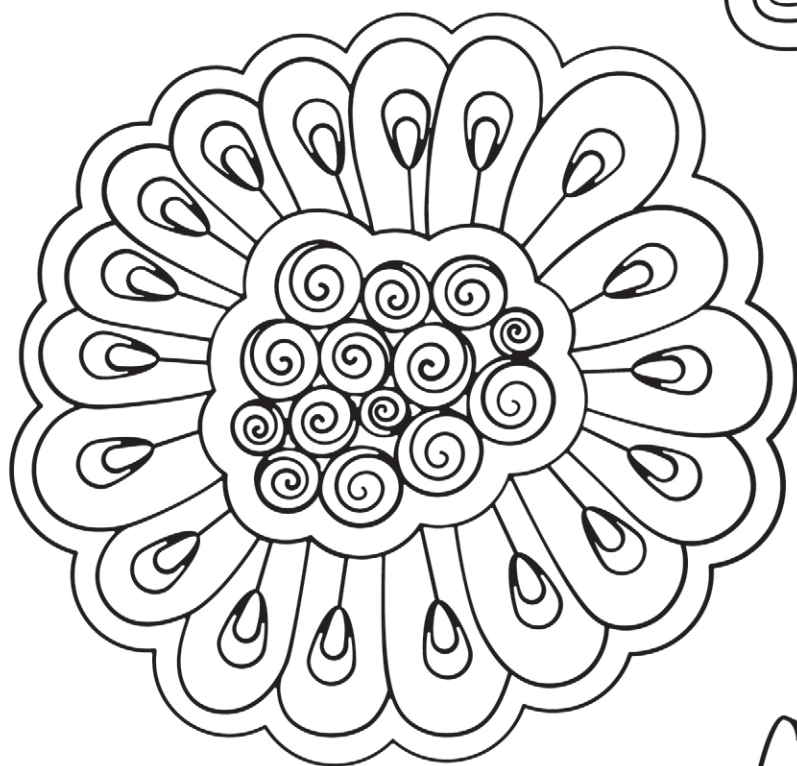
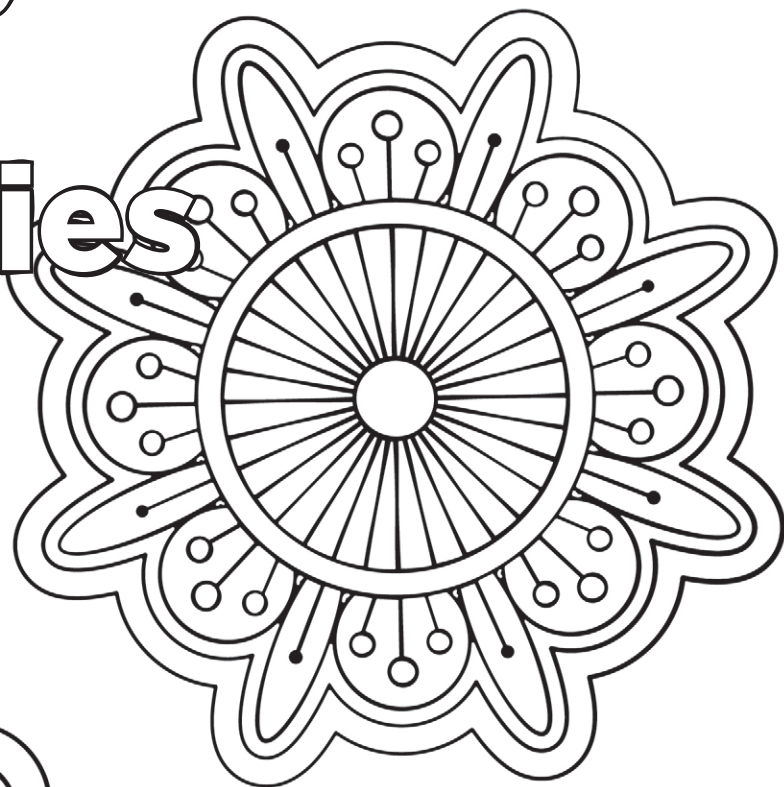
**You did  
nothing  
wrong**



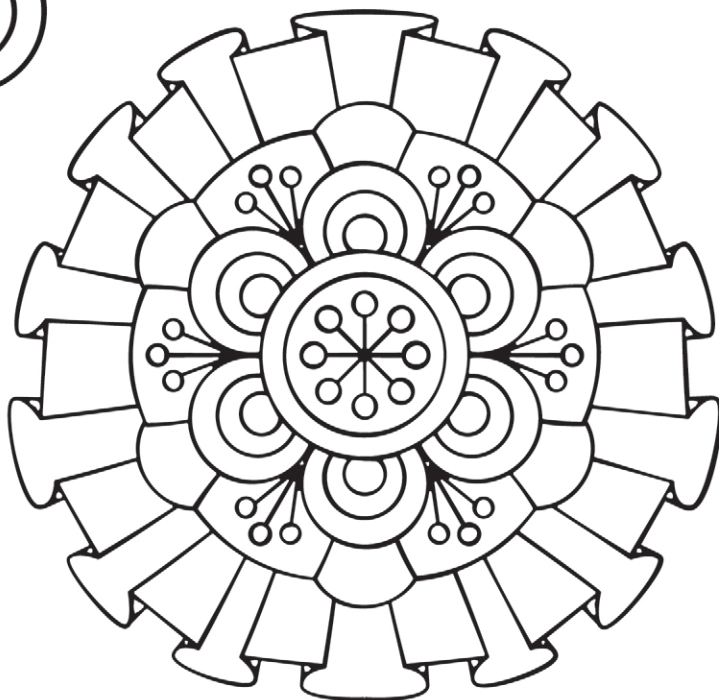
i am  
deserving  
of support  
and respect

*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.*

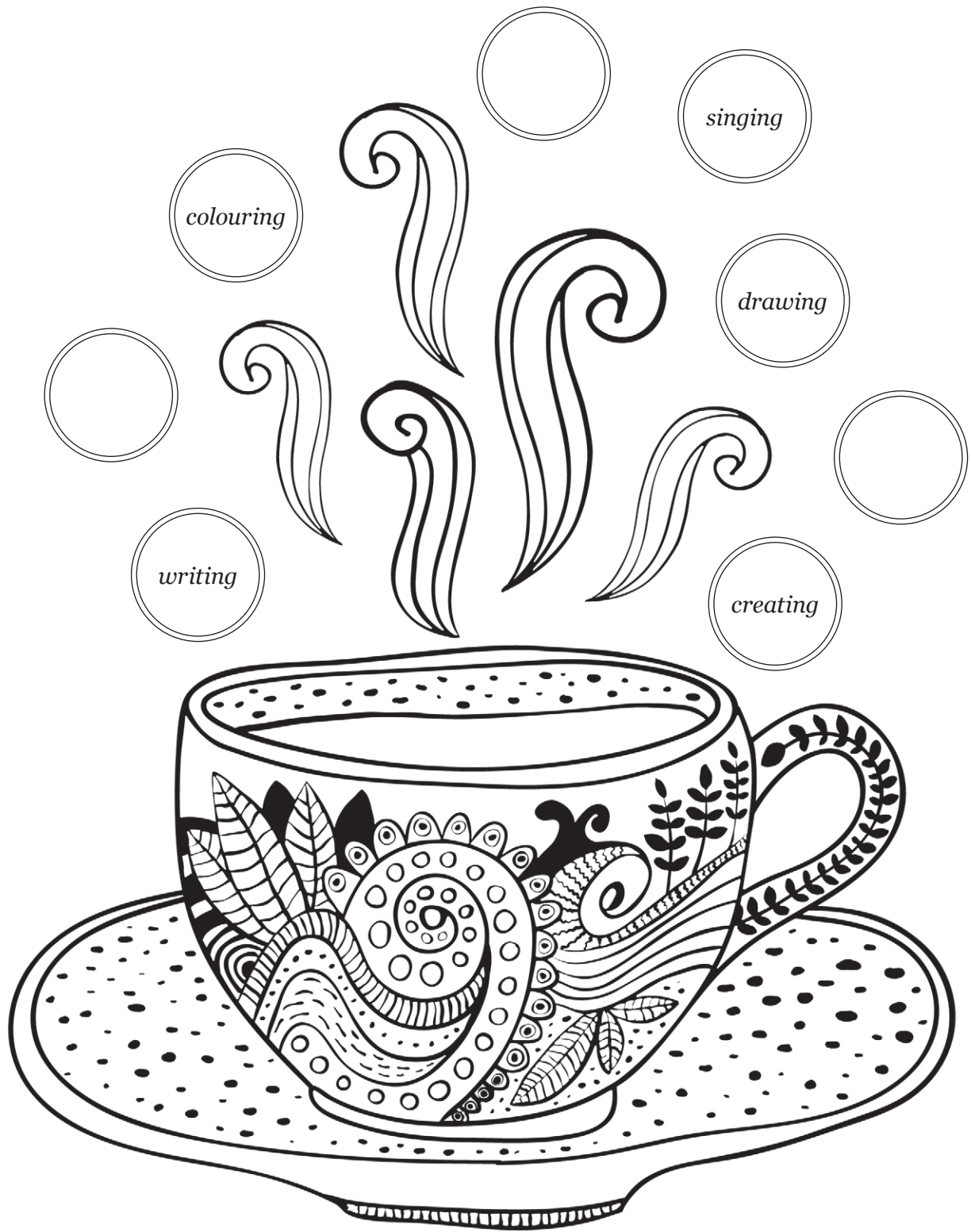
every day  
has new  
possibilities



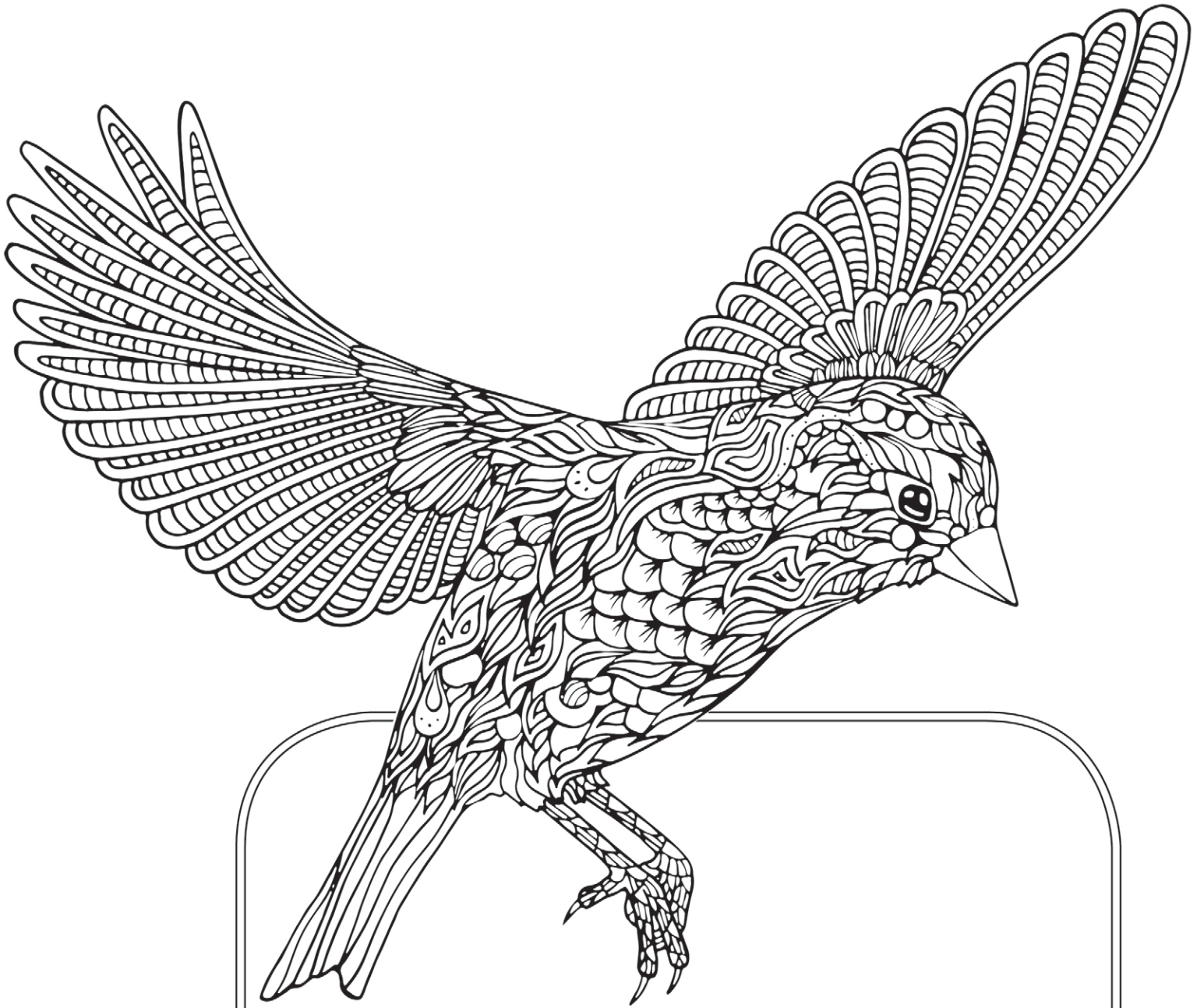
*Noticing the positive things  
that happen today.*







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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