



Trauma & Dissociation Bridge of Hope

Note About BoH:

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2018 Is Here

It is a new year. 2017 flew by. As I think about the end of 2017 and the start of this, I wonder what 2018 will bring to our lives.

First I hope and pray that you'll find peace and healing in continue to move forward in your journey of recovery. I pray for your support, receiving into your life those who are healthy and nurturing. There's a scripture in the old testament that I think about this. Psalm 68:5— A father to the fatherless, a defender of widows, is God in his holy dwelling.

So many times I meet survivors of trauma who still feel left out because their families were the ones who hurt them, and they feel like they don't have a family. I used to be able to relate to

that, then God placed this wonderful couple in college into my life but I didn't understand love so I ran. Later in life I met another couple who adopted me into their family that I still did not understand love so I ran from them as well. I was really afraid to be loved. They continued to stay in touch and showed me love. Finally, I learned to let others in my life to trust them enough to not hurt me any further than I had been hurt.

I pray for 2018 that if you're lacking a family, if you're feeling alone and lonely you'll find the lord wrapped his arms around you and filled with your life with those who love you.

May you find the 2018 the start of the new year to be the best ever.

Songs of Healing

Sometimes music can be one of the best healing facilitators. Songs that offer us hope to their words and lead us to hope can make the difference between holding on and letting go. There are a few songs that offer some hope to hold on to.

Heal the Wound by Point of Grace
When Life Gets Broken by Sandi Patty
You Raise Me Up by Celtic Woman
Never Forsaken by Hillsong Worship
Mighty to Save by Hillsong

Hope: Holding On

Peace evades
Heart fears
Minds runs

Want to cut
Maybe die
I don't know

Got to hold
Fast in tight
Just a string

Give a song
There is none
Get rid of hate

I can't stand me

Struggling
Bad, bad stuff

Spending time
Praying
No relief

Moving forward
Praying
Perhaps a sign

Left a gift
Though I don't feel it
Of his love

A tiny light
A glimpse of

Hope yet seen

Hope for peace
Hope for security
Hope for life

Hope for a song
Hope four love
Offered freely

Written by
KP

Hope...

Offers so much

Hope...

*Something to hold
to*

Book Review:

Emotionally Abusive Relationship Signs: Understanding What an Abusive Personality Looks Like in Relationships by Merry Heart.

This is a short book that provides information on three types of emotional abuse—Aggression, denying and minimizing. This books provides ex-

amples of the characteristics of an emotional abuser and what that looks like in a relationship. It addresses the impact of emotional abuse like feelings of guilt, despair, hopelessness, some behaviors and thoughts as well.

While this book appears to be related to couples, it can be used by anyone

who may need to become aware of the signs of emotional abuse and the related consequences.

Book Review

Good Stress Bad Stress: Rethinking Stress Management by Tim Watkins.

Good Stress Bad Stress is an easy read. It is a short book that focuses on various issues of stress such as what the symptoms of stress are, some example relaxation exercises, emotions such

as anger, anxiety and worry. It defines what stress is. One chapter is devoted to emergency stress management.

It addresses wellness such as breathing, posture, activity, sleep, and diet.

If you struggle with distressing emotions that

cause stress, this little booklet is an informative and easy read.

Holiday Revival

Happy Holidays! ... or not so happy. How do you see it? Do you look forward this time of year with an attitude of good will? Or do you suddenly start wishing you were a bear and now would be a great time to go find a deep cave to crawl into?

If your cause is anything like the latter, you're not alone. Many people dread the time of year that starts right around Thanksgiving and come to a close mid-January or even mid-February.

Varied are the reasons for the holiday burn-out depression, the "Blues," whatever you call it or go through may be related to the overwhelming sense that so much "needs" to be done (decorating, buying gifts that you can't afford or for people you don't know how to shop for, events to attend or practice for, sharing in that holiday spirit with family, friends, business associates). Or, you may be lonely and separated from loved ones (wanted or not), watching the traditional events going on around you, feeling lost and unable to be a participant in any of it.

To say that the commercial side of Christmas, etc. has influenced the way we look at the holiday season, is a gross understatement. T.V. programs and advertising, holiday movies, Kodak, Hallmark, K-mart and Sears certainly play a major part in getting our holiday spirit out of our pockets and into theirs! Not to say we shouldn't spend a little bit extra just for fun (as well as to boost the economy). Also, if the "Haves need an excuse to help the "Have-nots", let this seasonal reminder be reason

enough to help lighten somen's burden, just for a moment.

Whatever circumstances you may be faced with during this time, here are a few practical ways you might be able to fix some of the problem areas for yourself.

1. Don't try to do it all. Don't feel obligated to shop for everyone down to your second cousin, thrice removed. Bake cookies or sweet breads for friends and relatives, or your family of choice. It could be a spiced tea even. If you want to do extra, give to the Salvation Army, the homeless, the collection jars for the needy. They will appreciate your donations.
2. Send form letters. I've done it for years and I don't think it's impersonal or flat. People learn much more about my year from this letter than from a signed greeting card. When I receive form letters from friends or relatives, it's a gift, in itself, to learn about their lives and times. I've saved some that were hilariously funny and charming.
3. Buy and artificial tree. I finally did—from a thrift shop. Spray pine freshener for the smell. No more needles, no watering & better for the environment. You could skip the tree altogether. Put lights on a window and a large indoor plant. Just do what suits you.
4. If you do shop, get it over with early. I try to keep away from the stores after Thanksgiving. And try to
5. Instead of hosting the family dinner, invite the family to join you in in volunteer somewhere or make food baskets for those who need them. Imagine not gorging ourselves on Christmas Day! Quite a unique concept for some of us.
6. Give yourself a gift of time. Make 15 to 30 minutes daily to relax: walk, do some light exercises, meditate, listen to music, play with your kids or your pet, call friend just to talk, drink herb teas, look at an old photo album, play the guitar or piano, ride the city bus. These revitalizations help maintain good health, mentally, physically and spiritually.

These things are just some examples to show a less stressful side of celebrating the holidays. If these things do not apply to you, because you are hurting or alone and need more than a fresh outreach for the holidays, there is a helping hand from Hope Recovery friends who provided this newsletter. Contact them at the enclosed address and they will help guide you to support and comfort and more. May this holiday be a step to your healing.

Submitted:

Patti S.

*Send Form
Letters... People
learn much more
about my year...*

Jewelry Making

I love to make jewelry. I love the opportunity to mix and match beads, spacers, and to be allowed the creativity to be given the challenge to create something that someone else will find as a match for them.

As my way of giving back, I donate a percentage of my profits to charity to help fight abuse.

I started making beaded jewelry about 10 years

ago, which I learned while I was in a behavioral health center. Recently I found one of the set of earrings I initially made. They are not remotely the same as now. They were very basic and lacked creativity that I've been learning since.

One neat resource is looking up jewelry making online on YouTube. No matter what stage of jewelry making you are

in, there are samples of various articles you can make, how to use your jewelry making tools and more.

If you've never made jewelry before, and you have a creative eyes, consider checking out some of the videos listed and see if you think it might interest you to try this hobby.

Submitted by:
KP

If you think this might interest you, try this hobby!

Using a Sander

Feeling the pressure of the hand held sander as it slides roughly over the board. The satisfaction of the glide of the sander over the rough wood which is becoming smooth brings a satisfaction like not much else. Knowing that I can mold the wood in front of me into a table, a chair, a wishing well or something else is something

that makes my heart feel happy and excited!

To know that there is at least one thing in my life where I can impact another's life with something that will give them a lifetime of use once it's done, I never would have dreamed that working with my hands and bringing about a creation like a table would be possible or so rewarding.

I finally found something that I'm good at—I can take a piece of a log, have it cut into boards the correct size, and then with the muscle of my own hands and arms I can bring alive a piece of furniture that can be loved for years to come.

I never had this when young, but I love giving this gift to others.

Making Peace

My time with the holidays has been one of struggle for the most part for many years now. I decided that this year will be different. Instead of being ready to give up on life because of the pain inside, I decided to embrace it.

Don't ask me how I did that—just trying to be

mindful of what I was feeling inside and then looking at what to do with the emotions and thoughts that were unsettled. Trying to find coping skills to manage each occurrence of emotional and physical challenges.

Hobbies—A Long List

Acting	Floral Arranging	Scuba Diving
Amateur Radio	Football	Sewing
Archery	Four Wheeling	Skiing
Arts & Crafts	Freshwater Aquariums	Singing
Astronomy	Games	Skateboarding
Badminton	Gardening	Sketching
Baseball	Genealogy	Snorkeling
Base Jumping	Golfing	Snowboarding
Basketball	Go Kart Racing	Soap Making
Beachcombing	Guitar	Storm Chasing
Beadwork	Gymnastics	Storytelling
Bell Ringing	Herping	Surfing
Belly Dancing	Hiking	Swimming
Bicycling	Home Repair	Taxidermy
Bird Watching	Horse Riding	Tennis
Blacksmithing	Ice Skating	Tetrix
Blogging	Inventing	Textiles
Boating	Jewelry Making	Traveling
Body Building	Journaling	Treasure Hunting
Bowling	Juggling	Tutoring
Building Things	Journaling	Ultimate Frisbee
Butterfly Watching	Kayaking	Video Games
Button Collecting	Kites	Volunteering
Cake Decorating	Knotting	Walking
Calligraphy	Language Learning	Weather Watcher
Camping	Leather Crafting	Weightlifting
Candle Making	Macrame	Woodworking
Canoeing	Making Models	Wrestling
Card Playing	Martial Arts	Writing
Cave Diving	Microscopy	Yoga
Ceramics	Mountain Biking	Ziplining
Chess	Musical Instruments	Zumba
Cloud Watching	Nail Art	
Coin Collecting	Needlepoint	
Collecting Items	Origami	
Coloring	Painting	
Computer Activities	Papermache	
Cooking	Parachuting	
Crocheting	Photography	
Cross-Stitching	Pottery	
Crossword Puzzles	Puppetry	
Dancing	Quilting	
Darts	Rapping	
Dolls	Reading	
Dominoes	Robotics	
Drawing	Rockets	
Electronics	Roleplaying	
Embroidery	Running	
Exercise (Weights, etc.)	Saltwater Aquariums	
Felting	Sand Castle Building	
Fishing	Scrapbooking	

*Choose a Hobby
or Two to occupy
your time with.*

There are many more hobbies that could be tried or participated in if you just look around you, or break down some of the above to smaller categories.



Inspirational Quotes

My mission, should I choose to accept it, is to find peace with exactly who and what I am. To take pride in my thoughts, my appearance, my talents, my flaws and to stop this incessant worrying that I can't be loved as I am. ~~Anais Nin

People will forget what you said, people will forget what you did, but people will never forget how you made them feel. ~~Maya Angelou

Life is tough, but so are you. ~~Author Unknown

When it rains, look for rainbows. When it's dark, look for stars! ~~Author Unknown

*Life is tough, but
so are you!*





*Do you draw,
sketch or paint?
Do you do
graphic design?
Share your
artwork here!*



Just for Fun

D A I N S P I R A T I O N K R A C H E T
 I F E D B A W S T O R I E S P A K O M E
 S G A J A C E L O K E A L O W A T P W I
 A U D O E A T I S T O N D R R I N E O E
 B B E B L W O O S X S U O I I L A F O X
 I G C C E T E L P R I T N B T A E U D F
 L K O O C C I L E J I T R D I I H L W G
 I D R R T I G M R Q L I Q F N G O C O B
 T E A D R B A M E Y F N O D G L B N R I
 I E T A O N S Z M C M G R R S Q B M K K
 E P I Z N E L G D S A A D A U V I N I E
 S R O O I Q O Q R U V P K W V P E O N S
 C A N A C C A W F W B Y S I Z A S N G C
 H Y C A S D M R U A A W M N N R J O U A
 M E A L S K N I C V Y M C G V G Q S P P
 I R R E G U I T Q H U W A P U S T L K S
 N A I S E L J I E S E U V E N O R T C U
 E M C A B G F N N O P R S Q M B D Q A L
 S E H I K I N G D G L N Y J M O D S I W
 N E W Y E A R S C K O O L K A S P E R S
 F A N N Y C K X Y O M C H A L L E N G E

Words

ARCHERY
 CHALLENGE
 CUSTOM
 DECORATIONS
 DISABILITIES
 DRAWING
 ELECTRONICS
 HIKING
 HOBBIES
 HOPEFUL
 INSPIRATION
 JEWELRY MAKING
 MEALS
 PRAYER

SKIING
 STORIES
 TRADITION
 WISDOM
 WOODWORKING
 WRITING

MISSION

The mission of Hope Recovery is to provide Christian-based supportive compassion in the lives of trauma survivors by assisting them in recovery, providing support, resources, committed volunteers, and standards of excellence.

VISION

Hope Recovery aspires to provide excellence in service and support while assisting trauma survivors in achieving their recovery goals.

Hope Recovery Inc.

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recovery@hope4christianrecovery.org
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Online Christian Support message boards are available at www.christianforums.com

Online Secular Support message boards are available at www.7cups.com/1259571

If you're feeling **suicidal**, please contact 800-SUICIDE or if outside the US, go to www.befrienders.org

If you are being **abused**, experiencing incest or rape, please contact RAINN at 800-656-HOPE. RAINN provides links to international agencies.

If you are in a **violent relationship**, call 800-799-SAFE. For international contacts, go to www.hotpeachpages.net/a/index.html

We're on the Web

www.hope4christianrecovery.org

Subscribing to Bridge of Hope

Fees:

Free to Survivors.

\$4 donations from supporters and professionals is requested to cover the costs of the website..

Donations may be sent to our
PO Box 91
Shepardsville, IN 47880

or online via PayPal.



When all seems like a struggle, there is hope.

You Are Not Alone!