



# **FROM SURVIVING TO THRIVING**

Creating a Life You Love



# GROUND RULES

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- Confidentiality is key
- Respect each other's voices
- No pressure to share

# FROM SURVIVING TO THRIVING: WHAT DOES THAT MEAN?

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**Surviving** means living in fear, anxiety, and scarcity. It's about protecting yourself.

**Thriving** means reclaiming joy, hope, and purpose. It's about creating a life that reflects who you are and what you love.

## **Signs You're Still in Survival Mode:**

- Constant exhaustion
- Self-doubt and fear of the future
- Living day-to-day with no vision
- Feeling stuck or powerless

## **Signs You're Starting to Thrive:**

- Rebuilding your identity
- Setting boundaries
- Exploring passions and goals
- Feeling a sense of peace or possibility

**What does thriving look like for YOU? One word or sentence.**

# STEP 1: Reconnect With Yourself

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Abuse disconnects us from who we are. It silences our voice, erases our preferences, and makes us question our worth. Reconnecting with yourself is the foundation for healing—it's about remembering you matter.

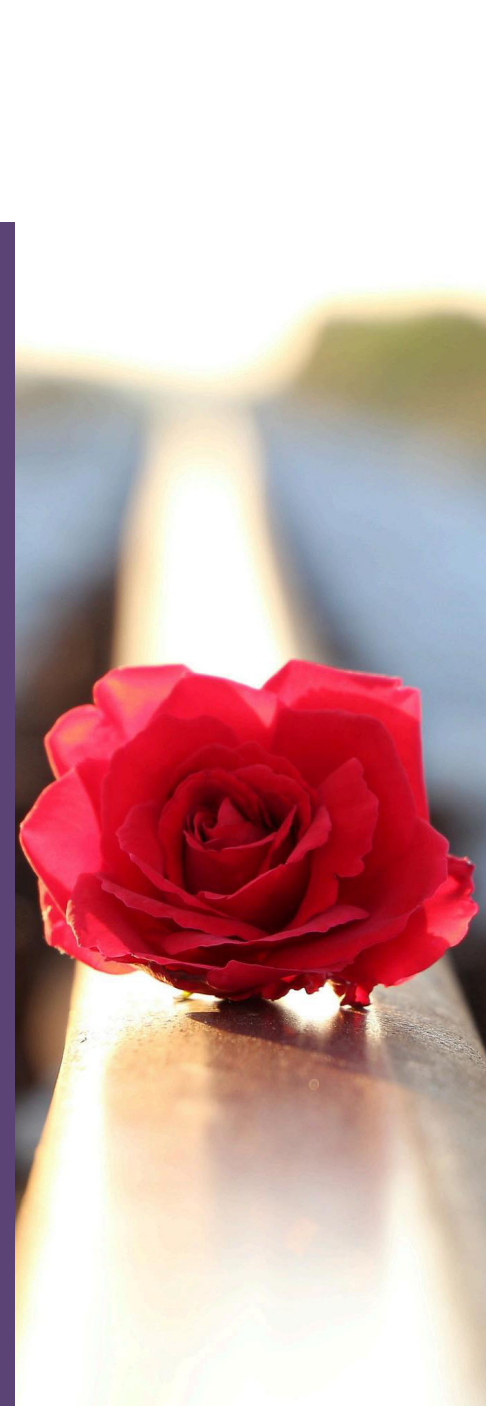
## **Reconnecting with yourself helps to:**

- Build self-awareness
- Reclaims your voice
- Helps you identify your needs and desires

## **Practical Tips:**

- **Start a daily self-check-in:**  
“How am I feeling?”  
“What do I need right now?”
- **Try a 5-minute mirror affirmation:** Look into your eyes and say, “I see you. I love you. You matter.”

**Who am I, outside of what I've been through?**



## STEP 2: Create a Vision

Survival mode keeps us focused on avoiding pain, not building joy. But you were created for more than survival. Having a vision gives you direction and reminds you that your future is still yours to shape.

### **Having a vision helps you to:**

- Spark hope
- Restores your right to dream
- Gives you motivation to keep going

### **Practical Tips:**

- Start a “Dream List” (not a to-do list!) with things like:
  - Places you want to visit
  - How you want to feel
  - What kind of relationships you want
- Use images or words to create a vision board or Pinterest board.

**What would a life I love actually look like?**



## STEP 3: Build Supportive Habits

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Your life is shaped by what you do every day. Healthy habits build a sense of stability and control—something that's often stolen in abusive relationships.

### **Building supportive habits helps to:**

- Create emotional safety
- Builds confidence
- Rewires your brain for peace and empowerment

### **Practical Tips:**

- Choose just one new habit a week:
  - Morning quiet time
  - Reading something positive
  - Stretching or walking
- Track it with checkboxes or notes—it builds momentum.

**What is one small habit that could help me feel more like myself again?**





## STEP 4: Replace Fear with Faith

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Fear is a constant companion in abuse. Even after leaving, fear lingers: fear of failure, fear of being alone, fear of trusting again. Faith—whether in God, yourself, or both—is what moves you forward.

### Replacing fear with faith helps you to:

- Ground yourself in truth instead of fear
- Gives you courage to take steps
- Anchors your healing in something bigger than pain

### Practical Tips:

- Write down fears, then write truths or scriptures next to them.

**Fear:** I'll never be happy again.

**Truth:** God is restoring my joy. (Psalm 126:5)

- Create a short affirmation or prayer to say each morning:  
"God is guiding me. I am not alone."

**What truth can I hold on to when fear speaks loudest?**



## STEP 5: Surround Yourself With Growth

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Who and what you're surrounded by will either drain you or lift you. Abuse isolates and traps. Healing needs connection, inspiration, and new input.

### **Surrounding yourself with growth helps you to:**

- Rebuild positive energy and hope
- Helps you learn, grow, and stay encouraged
- Prevents you from returning to harmful patterns

### **Practical Tips:**

- Make a "Healing Circle" list:
  - Safe friends/support group
  - Uplifting podcasts
  - Books or devotionals on healing
- Limit or block anything toxic (even on social media).

**Who helps me feel hopeful, peaceful, or strong?**





## STEP 6: Celebrate Progress

In survival mode, we rarely feel “good enough.” But every small win deserves to be seen. Celebrating progress builds your confidence and reminds you that you’re growing—even if it’s slow.

### **Celebrating progress helps you to:**

- Shift your mindset from shame to empowerment
- Increases motivation
- Keeps you focused on how far you’ve come

### **Practical Tips:**

- Keep a “Weekly Wins” journal:
  - Spoke kindly to yourself
  - Set a boundary
  - Attended this session!
- At the end of each week, ask:  
“What went right this week?”

**What am I proud of myself for doing recently—even if it seemed small?**





— ... —

**Your thoughts  
& questions  
matters!**

— ... —

# HOW WE CAN SUPPORT YOU

## Weekly Online Support Group

- Everybody's most basic need in life is relationship - when you open yourself up for support from others, you will find that the abusive person is not the only source of love and that you can find strength through the support group to set the limits you need to set.
- You will also find new input and teaching.

## Resources

- Workbooks; skills development program; art therapy

**Book a free 1-on-1 session on our website**





# The Sashwa Retreat: A Journey Back to You

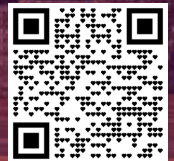
What Awaits You? A sacred space to release the past,  
reclaim your strength, and step into the healing you deserve.

In partnership with



Don't miss this opportunity to invest in yourself.  
Let's start your healing journey together!

Reserve your place today



Retreats: 19 - 22 June 2025 | 24 - 27 July 2025 | 14 - 17 September 2025

# You are not alone

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