

## The After-Effects of Sexual Abuse

### Post-Traumatic Stress Disorder (PTSD)

Post-Traumatic Stress Disorder can reveal itself in obvious or subtle ways. Its symptoms may not appear until months or years after your sexual abuse. The following is a sample list of PTSD symptoms:

- Flashbacks
- Shame and Guilt
- Aggressive Behavior
- Passive Aggressive Behavior
- Related Nightmares or Dreams
- Interrupted Sleep
- Thoughts of Suicide
- Self Cutting
- Anxiety Attacks
- Irrational Fears
- Numbing of Emotions
- Irritability
- Outbursts of Anger or Rage
- Drug and/or Alcohol Abuse
- Other Addictive Behaviors
- Sexual Promiscuity
- Lack of Sexual Desire
- Excessive Sexual Lust
- Insecurity
- Lack of Self Worth
- Eating Disorders
- Short or Long Term Depression
- Hoarding/Excessive Collecting/Excessive Recycling
- Excessive Drama
- Self-Destructive Behaviors
- Obsessive Compulsive Disorder Symptoms/  
Crazy Obsessions
- Withdrawal from Relationships
- Homebound Seclusion
- Hypochondriac Behaviors
- Overwhelming Need to Please People
- Creating a Fantasy Life
- Over Obsessing/Latching onto People
- Procrastination/Unmotivated/Laziness
- Leading a Double Life/Public Image-Private Self
- Extravagant Spending/Materialism
- Abortion

## Alive Again Ministries A Non Profit Ministry

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## A Journey to Grace



## Help After Sexual Abuse

Rape, Sexualization,  
Sexual Molestation

**Alive Again Ministries**  
A Non Profit Ministry

## Why take “A Journey to Grace”?

- ❖ *Do your thoughts about your past cause you to feel shame and guilt?*
- ❖ *Do you struggle with feelings of sorrow, anger and depression?*
- ❖ *Do you feel depressed, at times, without reason?*
- ❖ *Do you have destructive behavior?*
- ❖ *Do you live a lifestyle full of activity and busy work trying to fulfill a nagging emptiness?*
- ❖ *Do you ask yourself what your life would have been like if you had not experienced sexual abuse?  
“What if \_\_\_\_\_?”*
- ❖ *Since your sexual abuse, do you wonder what purpose your life could possibly have?*
- ❖ *Do you have a feeling of worthlessness?*
- ❖ *Do you feel like your life is meaningless?*
- ❖ *Have you begun to believe that your worth is tied up in sexual activities?  
Example: Do you dress to lure men/women?*
- ❖ *Do you lust after sexual activities and maybe you don't understand why?  
Example: Dating Websites; Internet Chat Rooms; Television Shows/Movies; Pornography*
- ❖ *Does everything have a sexual connection? Do you know it's wrong but you enjoy it?*

“A Journey to Grace” will help you discover how devastating the after effects of sexual abuse are in your life. If you take the journey, you will understand your need to heal and be healed.



## What is “A Journey to Grace”?

“A Journey to Grace” is a life changing Bible Study. Through this study, you will learn how to work through your emotional struggles and post sexual abuse symptoms.

## How can you take this journey?

“A Journey to Grace” is offered face to face, by telephone, or through Skype.



For more information, you can e-mail us at [sherry@aliveagainministries.net](mailto:sherry@aliveagainministries.net) or call us at (334) 233-5968.

Website: [www.aliveagainministries.net](http://www.aliveagainministries.net)



## Comments from people who have taken this journey:

“If I had not taken this journey, I would be dead. I had a suicide plan, taking the journey saved my life!” *Starr – Alabama*



“This journey showed me reality and truth, and how life was meant to be lived. Jesus gave me freedom from sexual bondage that held me captive all my life.”

*Stefani – Texas*

## Our Mission

Alive Again ministry exists to follow Jesus Christ.

Our aim is to help people who desire healing from wounds resulting from abortion, sexual abuse and numerous addictions that separate them from the love of God and His freedom.

The afflictions and behaviors that result from these wounds enslave them. Jesus came to make them Alive Again.

*Luke 15:11-24*

## From the Leaders of “A Journey to Grace”

The leaders of Alive Again Ministries can understand and relate to the pain and emptiness of sexual abuse. Most of us have experienced sexual abuse ourselves.

During our healing journeys, God gave us new lives with freedom, peace, hope and even joy!

We realize there are millions of sexually abused people in our world. Some recognize their post sexual abuse after effects; many do not. To help understand some of the words associated with the term sexual abuse, we have provided some definitions:

**Rape:** any act of sexual intercourse that is forced upon a person

**Sexualization:** to render sexual; endow with sexual characteristics

**Molestation:** to make indecent sexual advances to; to assault sexually

However without dealing with the after effects of sexual abuse, no one understands the on-going destruction they experience. This is why our bible study, “A Journey to Grace”, was created.

“A Journey to Grace” and its leader(s) are here to help you discover your need to heal and help you break through to a new life that is whole, stable, and full of value.