

## The After-Effects of Sexual Abuse

Sexual abuse creates the following traumatic after-effects. The following is a sample list. There could be other symptoms.

- A Lifestyle of Lying
- Abortion
- Aggressive Behavior
- Anxiety Attacks
- Avoidance Sleep
- Creating a Fantasy Life
- Drug/Alcohol Abuse/Prescription Drug Abuse
- Eating Disorders
- Excessive Drama
- Excessive Sexual Lust
- Extravagant Spending/Materialism/Dressing Self-Protectively or Bizarrely
- Flashbacks
- Hoarding/Excessive Collecting/Excessive Recycling
- Homebound Seclusion
- Hypochondriac Behaviors
- Interrupted Sleep
- Irrational Fears
- Irritability
- Lack of Self Worth
- Lack of Sexual Desire
- Leading a Double Life/Public Image-Private Self
- Nightmares/Dreams
- Numbing of Emotions/Not Caring
- Obsessive Compulsive Disorder Symptoms/Odd Obsessions
- Outbursts of Anger or Rage
- Over Obsessing: Latching onto People/Recycling/Pets/Animals
- Overwhelming Need to Please People
- Passive Aggressive Behavior
- Procrastination/Unmotivated/Laziness
- Prostitution
- Self Cutting
- Self-Destructive Behaviors
- Sexual Promiscuity
- Shame and Guilt
- Short or Long Term Depression
- Thoughts of Suicide
- Uncomfortable with Sudden Physical Touch
- Withdrawal from Relationships

## Alive Again Ministries A Non Profit Ministry

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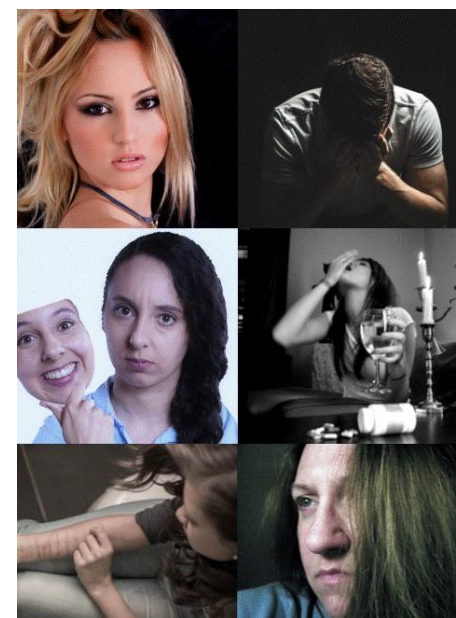
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# The Journey to Life



## Help After Sexual Abuse Rape, Sexualization, Sexual Molestation

## Why take “The Journey to Life”?

- ❖ *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?*

“*The Journey to Life*” will help you discover how devastating the after effects of sexual abuse are.



## What is “The Journey to Life”?

“*The Journey to Life*” is life changing. By completing the Journey, your life will be healed and freed from sexual abuse.

## How can you take the Journey?

“*The Journey to Life*” 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 completed the 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*



“The Journey taught me about the reality of my lifestyle, and how life was meant to be lived.” *Stefani – Texas*

## Our Mission

*Alive Again Ministries* exists to follow Jesus Christ.

Our mission is to help people, who truly want help, to transform their broken and impaired lives caused by the pain and sorrow of their wounds caused from others and themselves.

Our commitment is to lead broken people to the love of Jesus Christ and His healing freedom.

## From the Leaders of “The Journey to Life”

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, “*The Journey to Life*”, was created.

“*The Journey to Life*” 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.