



Physical, Sexual & Emotional Abuse

CELEBRATE RECOVERY

Recognizing the Problem:

The issues surrounding physical, sexual, and emotional abuse can result in traumatic, complex problems. Most survivors of these types of abuse exhibit some or all of the following characteristics:

Identifying/Symptom Checklist:

- Are hesitant to identify themselves as victims of abuse
- Feel isolated, depressed, worthless, shameful and helpless to change
- Are struggling with feelings about God in relation to their life experiences of being abused
- Condemn themselves by trying to deny that being abused in the past somehow affects their present circumstances
- Feel out of control and defeated in areas of compulsive behaviors
- Feel angry, bitter, and rebellious
- Have trouble with authority figures
- Feel a lack of self worth
- Are preoccupied with thoughts of what it means to have a "normal" relationship with others such as men, friends, and family
- Question their sexual identity and may experience confusion regarding their sexuality
- Desire to regain their sexuality and feel safe intimately
- Question their self-reality, frequently asking, "Who am I?"
- Question whether their life has a purpose or is worth living
- Feel "at home" in crisis situations

- Struggle with perfectionism or “all or nothing” thinking
- Desire to have victory through Christ over their life experience of abuse

Join us Tuesday and Friday nights at 7:00 pm to delve into these issues and begin to celebrate God’s healing power through the Christ-centered 12 steps and the Eight Recovery Principles.

The Solution

Survivors of Abuse Can Experience Recovery When They...

- Recognize that they are powerless to heal the damaged emotions resulting from their abuse and look to God to make them whole
- Acknowledge that God’s plan for their lives includes victory over the experience of abuse
- Understand that the persons who abused are responsible for the acts committed against them. They do not accept the guilt and shame resulting from those abusive acts
- Look to God and His Word to find their identity as worthwhile and loved human beings
- Are honestly sharing their feelings with God and at least one other person to help identify those areas needing cleansing and healing
- Accept responsibility for their responses to being abused
- Are willing to accept God’s help in their decision to recover, as well as in the process of forgiving themselves and those who have hurt them
- Are willing to mature in their relationships with God and others
- Are willing to be used by God as an instrument of healing and restoration in the lives of others

The common background of abused individuals is a history of abuse and the goal is to enter into, or maintain, recovery. Recovery is a two-fold issue. You need healing from the traumas done to you in your past and you also need healing from the influence these past experiences continue to have on your present life.

If you suspect abuse,
please contact:

Arapahoe County Human
Services
303-636-1750

Aurora Police Department
303-739-6000

Denver Adult Abuse Hotline
720-944-2994

For more information, please contact:

Smoky Hill Vineyard
20050 East Smoky Hill Road
Centennial, CO 80015
Tel. 303.690.2520
www.SHVchurch.org

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