



# KALEIDOSCOPE

CONFIDENCE AND  
SELF-ESTEEM TOOLKIT

**SUFFOLK**  
**RAPE** CRISIS

The Kaleidoscope course is a 4 week course that is structured over 4 sessions to reflect the life cycle of a butterfly.



Egg - where does your journey start?



Caterpillar - Reflecting on internal thoughts, focusing on our strengths and achievements.



Pupa - How do we challenge negative thoughts to develop self-compassion, promoting a more forgiving and nurturing attitude towards ourselves.



Butterfly - where is your journey leading you? What are your hopes/wishes dreams for the future?

The toolkit will also follow this structure.

# CONTENTS

4	Introduction
6	What do we mean by confidence and self esteem?
8	Self reflection journal
10	Let's examine your self esteem
11	Let's examine your confidence
12	Identifying attributes
14	Listening to your inner dialogue
16	Reflecting on your younger self
18	Looking back
19	Fact vs Opinion
20	Support System Map
20	Bridging Statements
22	Writing to your younger self
24	Writing to your future self
26	Positive affirmations
29	Exploring positivity
32	Daily gratitude diary
34	Describe yourself
36	What brings you joy?
38	Self care
40	Smart Goals
42	Stretch Goals
44	Let's re-examine your self esteem
45	Let's re-examine your confidence
46	Reflection diary
50	Survivor story
52	Colouring

# JUST A LITTLE INTRODUCTION

Welcome to Kaleidoscope, a confidence and self-esteem course and toolkit developed by Suffolk Rape Crisis (SRC) for survivors. Kaleidoscope is a course that provides a safe space to explore why, as survivors of sexual violence, we may struggle with our confidence and self-esteem.

We know that there are many life experiences that can affect our confidence and self-esteem and that sexual violence and trauma can further impact this. We want you to know that you are not alone on your journey to rediscovering who you are and all the wonderful things about you. When we have low self-esteem and confidence it can be hard to see any of the positives, it can be hard to acknowledge our skills and strengths and it can be hard to see that we can move towards a place of accepting all the parts of ourselves.

The course will help to unpack what affects our confidence and self-esteem, and how we can work on challenging societal concepts while moving towards developing a more positive and accepting view of ourselves.

You can use this toolkit on its own or as part of the Kaleidoscope course, whatever feels right for you.



A group of butterflies is known as a Kaleidoscope due to the vibrant and diverse array of colours and patterns. Just like a rotating kaleidoscope, each turn unveils new and captivating colours and patterns that are constantly shifting creating visually striking patterns. This inspired the theme and development of the Kaleidoscope course.

Celebrating the journey of a survivor is akin to witnessing the transformative stages of a butterfly's life cycle. Much like a caterpillar's struggle in the cocoon, survivors navigate the challenging path of healing, facing their pain with resilience and determination. The initial darkness transforms into the emergence of a survivor, spreading wings of strength and self-discovery. Kaleidoscope acts as the cocoon, providing a safe space where the survivor can seek refuge in a supportive environment, fostering a sense of safety, empowerment and transformation. Each step in the journey mirrors the delicate yet powerful metamorphosis of a butterfly, as survivors reclaim their lives, embrace their newfound identity, and soar beyond the shadows of trauma, embodying beauty and strength in their resilience.

Everyone's journey looks different, and no two experiences are the same. How one person responds to something will be different to how another person responds. We are all different and unique and that's what makes us special. No matter what you have been through we want you to know that you were not to blame, it was not your fault and that you are worthy of love, kindness and compassion.

# WHAT DO WE MEAN BY CONFIDENCE & SELF-ESTEEM?

Self-esteem is the emotional value of our worth, our internal beliefs we hold about ourselves, while self-confidence is the belief in our external skills and ability to achieve a goal.

When you have self-esteem, you have a sense of love and understanding of who you are and appreciate yourself as a person. On the other hand, self-confidence is the trust in your abilities to accomplish a task or goal. It's the belief that you can do something well or succeed at something.

**While self-esteem is more about how you feel about yourself, self-confidence is more about how you feel about your abilities and skills**

Using the colour wheel, colour in the body to represent the current feelings you have towards yourself. We will reflect on this again at the end of the workbook.



# SELF REFLECTION JOURNAL

Reflect on past experiences that have impacted your confidence and self-esteem. Identify moments of strength and resilience. What challenges/obstacles have you had to overcome? How did you do this?

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

# LET'S EXAMINE YOUR SELF-ESTEEM

Tick all that apply. We will review these again at the end.

## SIGNS OF HIGH SELF ESTEEM

	YES	NO	WORKING TOWARDS
Feeling good about yourself (appearance, beliefs, etc.)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
You acknowledge that you deserve respect	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
You feel comfortable with setting boundaries (i.e., saying no)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
You can accept constructive feedback without questioning your own worth	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
You believe that you are loved and liked by others	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

## SIGNS OF LOW SELF ESTEEM

	YES	NO	WORKING TOWARDS
You focus on or exaggerate your weaknesses	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
You compare yourself to others to determine your own worth	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
You often believe others are better than you	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
You don't think that you have any positive qualities	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
You think that others don't like you	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

# LET'S EXAMINE YOUR CONFIDENCE

## SIGNS OF HIGH CONFIDENCE

	YES	NO	WORKING TOWARDS
You focus on your strengths and skills	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
You accept challenges and bounce back from setbacks	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
You believe in your skills and abilities	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
You are able to acknowledge the things you are good at and identify things you could work on	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
You know that you can do things just as well as others	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

## SIGNS OF LOW CONFIDENCE

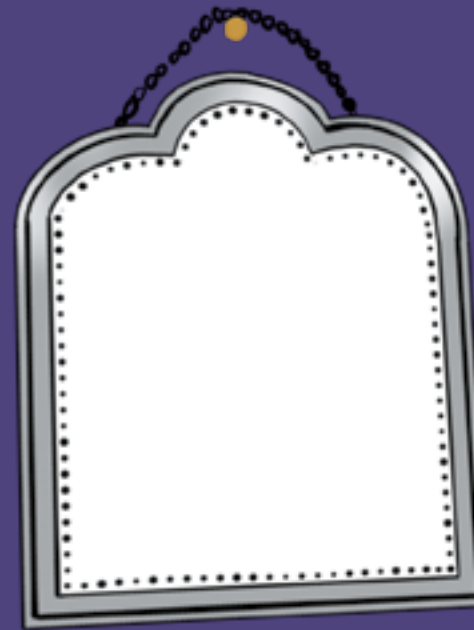
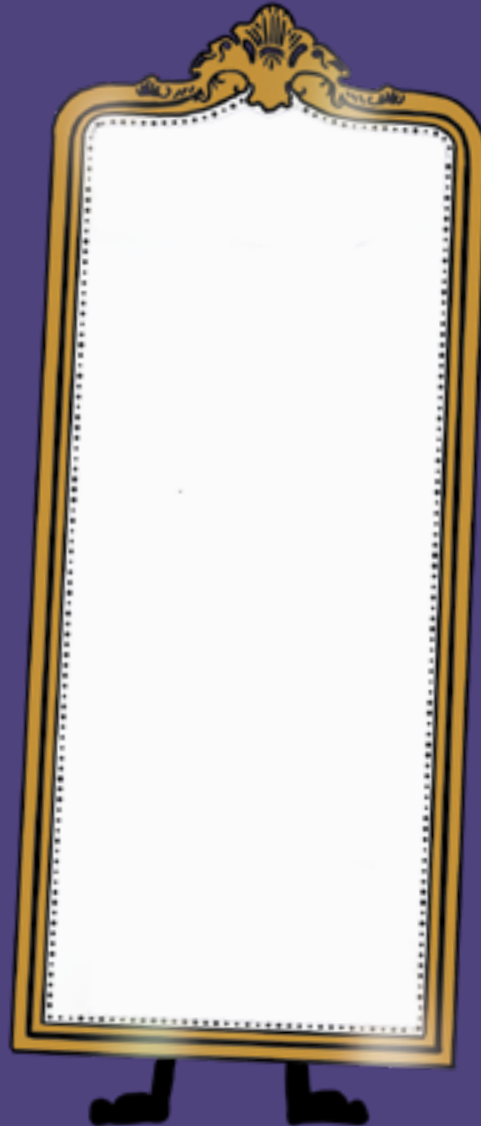
	YES	NO	WORKING TOWARDS
You focus on the things you are not good at rather than the things you are good at	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
You are reluctant to try new things	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
You fear challenges and are scared of setbacks	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
You often think you will fail at something or be no good	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
You do not believe that you can do something well or as good as others	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

We know that change doesn't happen overnight, but the good news is that there are things we can do to help improve our confidence and self-esteem. We will review these again at the end.

# IDENTIFYING ATTRIBUTES

Use this space to doodle or write some of the attributes you would give to someone who has high confidence and self-esteem.

- What would they look like?
- How would they present themselves?
- How would they talk to themselves?
- What characteristics/qualities do they have?



Looking at what you've drawn/written, what similarities can you see between that and yourself?

If you find this hard to answer think about what a loved one would say about you or if you were this person's best friend, what would you say to them.

Do you share any skills/qualities? thinking about how they might talk to themselves, how does this compare to how you talk to yourself?



Sometimes it can be hard to acknowledge our positive skills and qualities and that's ok, just because you can't see them yet doesn't mean they aren't there! If you are struggling with this activity, we invite you to come back to this activity at a later date and try again

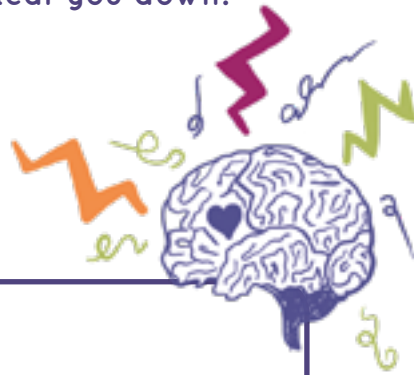
# LISTENING TO YOUR INNER DIALOGUE

How we talk to ourselves matters, you are worthy of compassion and kindness. What you tell yourself everyday will either lift you up or tear you down.

What are some of your most common internal thoughts?

Try to include some positive as well as negative thoughts.

Example: I am no good at anything  
I am a good friend



A large rectangular box with a purple border and ten horizontal dotted lines for writing.

## Do they lift you up or tear you down?

Write them in the balloons or weights depending on whether they are helpful or unhelpful thoughts.

Example: I am no good at anything (in weight)  
I am a good friend (balloon)

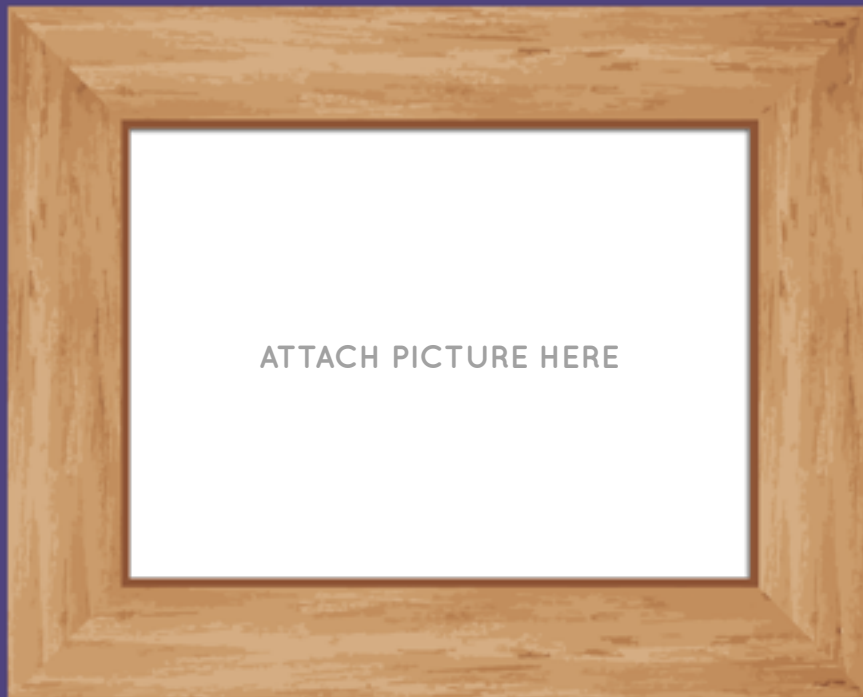




# A MOMENT FOR REFLECTION

We invite you to place a picture of your younger self in the picture frame.

Look at your younger self.



How would you talk to your younger self?  
Imagine your younger self shares your internal thoughts,  
what would you tell them?  
Write these in the balloons or weights using a different colour.



Look back at your weights and balloons, how does what you say to your younger self differ from how you speak to yourself now? Are there more weight or balloon statements?

# LOOKING BACK



Often our internal negative thoughts stem from somewhere.

Think about where these thoughts may have come from? (Friends, Family, partner, school, society, professional bodies, social media etc).

Circle all that may have influenced your internal thoughts.



School

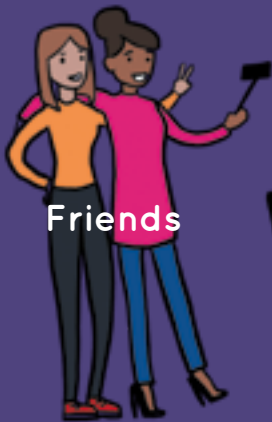
ADD YOUR OWN

ADD YOUR OWN

## Professional Bodies



Family



Friends

## Society



Socials



Partner

ADD YOUR OWN

ADD YOUR OWN

# FACT VS. OPINION



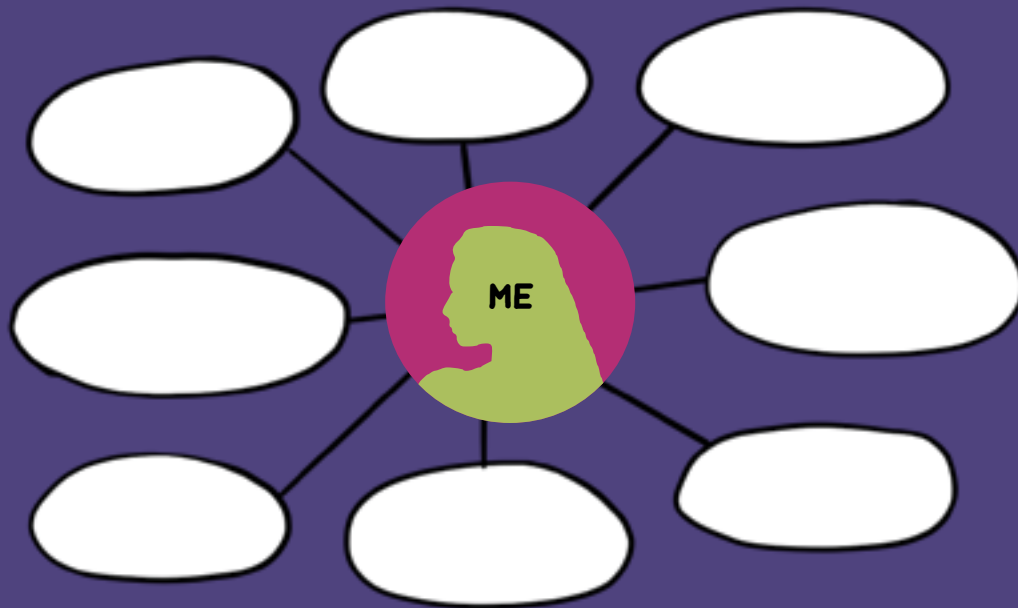
Thinking about your internal thoughts, what evidence is there to support/counteract this claim? Use the table to put your internal thoughts here and evidence for/against this.

INTERNAL THOUGHTS	EVIDENCE TO SUPPORT THIS CLAIM	EVIDENCE TO COUNTERACT THIS CLAIM
<i>Example: 'No one likes me'</i>	<i>Joe said so on social media</i>	<i>I have a few close friends</i>

Sometimes we can think something is true when there is no evidence to suggest it is fact. Quite often it is an opinion, whether it be our own or someone else's. Look at your statements and decide whether they are fact or opinion. What evidence do you have to make it fact? Label these with a **F** for Fact or **O** for opinion.

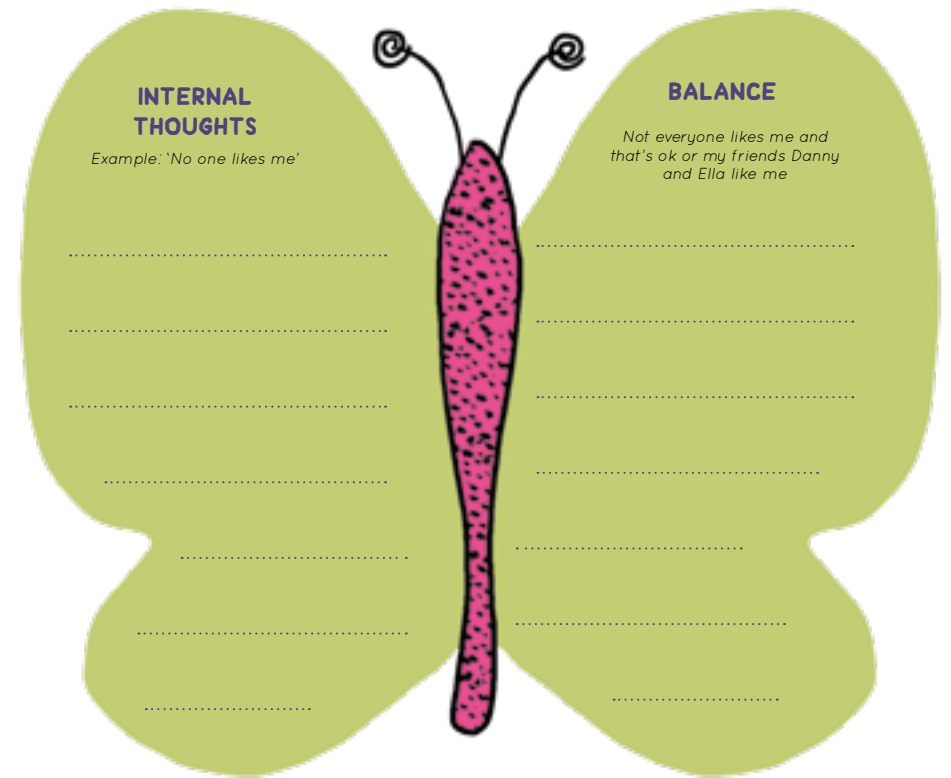
## SUPPORT SYSTEM MAP

It's important to surround ourselves with safe trusted people. People that lift us up and make us feel good about ourselves. Who is your support system? Who are your cheerleaders? Who would you reach out to for support if needed? Write them below



## BRIDGING STATEMENTS

Sometimes it can feel too much to try to move from a negative statement such as 'no one likes me' to 'everyone loves me' this may feel untrue and therefore less likely to resonate with us. So how do we balance it with a statement that feels more comfortable, allowing us to have more compassion for ourselves and acknowledge the positives? Let's try to balance these statements with a 'bridging statement'.



# WRITING A LETTER TO MY YOUNGER SELF

We invite you to write a letter to your younger self. What would you say to them? How would you support and encourage them? How would you acknowledge their strength and resilience for what they have/might go through. What do you wish they knew?

Dear [Your Younger Self's Name],

## **Introduction:**

Begin by addressing your younger self warmly. You might want to acknowledge a specific age or time period when addressing your younger self.

## **Main body:**

**Reflect on Your Past:** Start by reflecting on where you were emotionally, mentally, and physically at that time. Recall some of the challenges, fears, or uncertainties you faced.

**Encouragement and Support:** Offer words of encouragement and support. Share insights gained from your experiences since then. Let your younger self know that things will get better and that challenges are opportunities for growth.

**Share Wisdom and Advice:** Share any advice or wisdom you wish you had known at that age. This could include lessons learned, mistakes made, or important life principles.

**Highlight Strengths and Achievements:** Acknowledge your younger self's strengths and achievements. Celebrate their successes and remind them of their resilience and capabilities.

**Emphasise Self-Compassion:** Remind your younger self to be kind and compassionate to themselves. Encourage them to prioritise self-care and to seek help when needed.

## **Conclusion:**

End the letter with a message of hope and love. Express your gratitude for the journey that has brought you to where you are today.

[Your Name]

*Feel free to customise this template with specific details and personal anecdotes to make it more meaningful to you.*



# WRITING A LETTER TO MY FUTURE SELF

We invite you to write a letter to your future self. Think about what is going on for you at the moment, what are your current thoughts and feelings? Take time to acknowledge any current challenges and are facing and how you are trying to overcome these. Think about your hopes and dreams for the future. What do you want to achieve, how do you see yourself getting there. Remember, Show encouragement and gratitude: Be kind to yourself. Acknowledge your growth, achievements, and remind yourself of your resilience and ability to overcome challenges.

Dear Future [Your Name],

I hope this letter finds you well and thriving in whatever stage of life you're in. As I write this, I am [current age], and I can only imagine the person you have become by the time you read this.

First and foremost, I want to remind you of the values and principles that have guided me up to this point. These include [list some core values or principles that are important to you]. I hope that you have stayed true to these ideals and have continued to grow and evolve as a person.

I also want to take a moment to reflect on some of the goals and aspirations I have at this moment in time. These include [list some of your current goals or aspirations, whether they are personal, professional, or otherwise]. I hope that you have made progress towards achieving these goals and have found fulfilment in the pursuit of them.

In addition to reflecting on the past and the present, I want to express my hopes and wishes for your future [list some hopes and dreams for the future]. I hope that you are surrounded by love and support from friends and family, and that you have cultivated meaningful relationships that bring joy and fulfilment to your life. I also hope that you are living authentically and pursuing your passions with purpose and enthusiasm.

Lastly, I want to remind you to be kind to yourself and to embrace the journey, wherever it may lead. Life is full of ups and downs, twists and turns, but it is how we navigate these challenges that defines who we are. Remember to take time for self-care, to celebrate your successes, and to learn from your failures.

I look forward to reading this letter again in the future and seeing how much you have grown and changed since this moment. Until then, continue to live with intention and purpose, and never stop striving to become the best version of yourself.

With love and optimism,  
[Your Name]





## POSITIVE AFFIRMATIONS

Positive affirmations can be a great way to motivate and encourage us when we may be feeling a bit lost. Everyone struggles with their confidence and self-esteem at times and affirmations can be a great way to ourselves some positive attention and remind us of our skills and strengths.

Use this space to write some encouraging words to yourself. What do you need to be reminded of when you are struggling? What words of encouragement do you need to hear?

Once you have completed these, cut them out and put them in places where you will see them. This could be on the bathroom mirror when you brush your teeth, on the kitchen cupboard when you make a tea, or in a purse/wallet, on your work laptop!

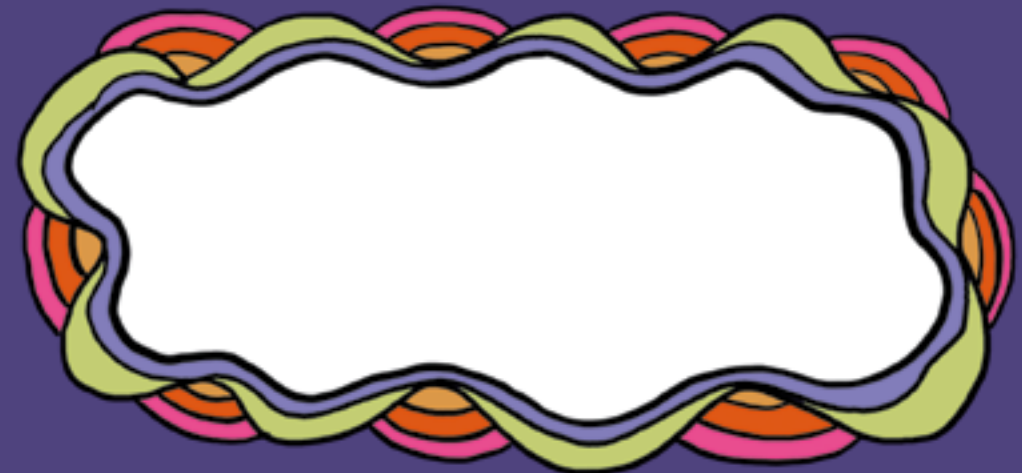
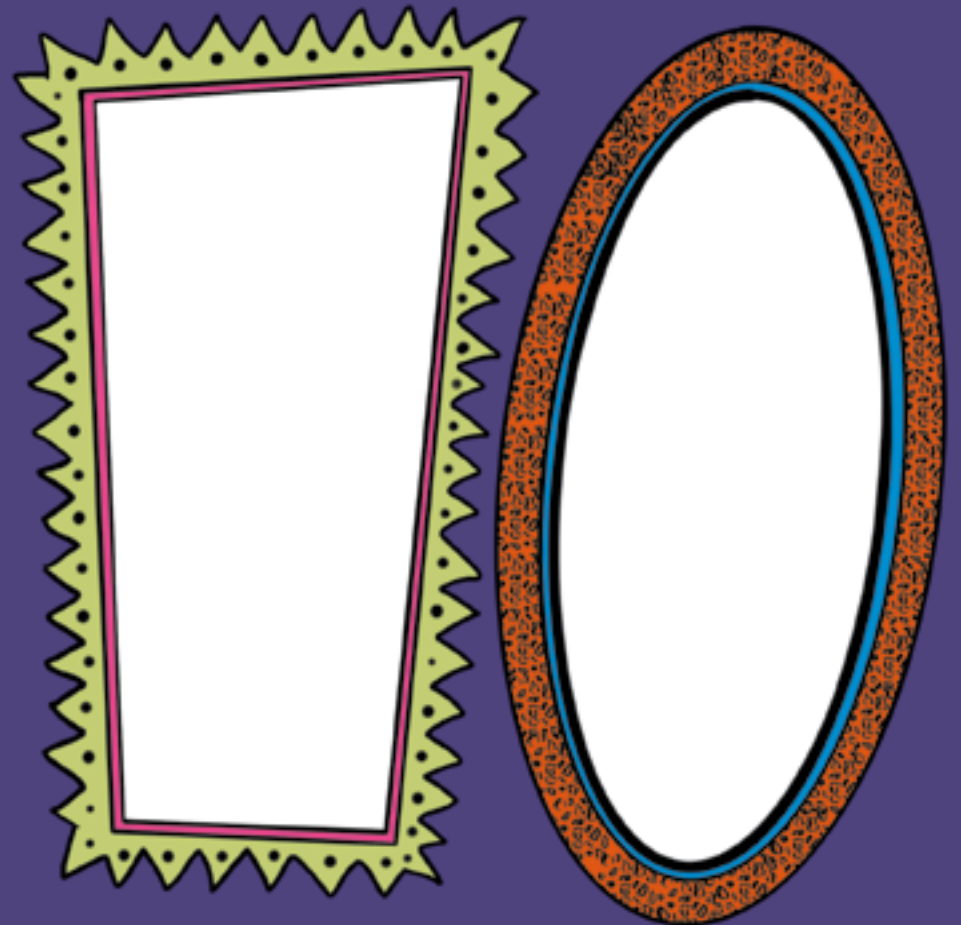
Examples:

→ *I am worthy of time and space*

→ *I deserve good things*

→ *Resting is not lazy*

→ *I am working towards accepting all parts of my self*



BLANK FOR CUTTING

# EXPLORING POSITIVITY



Sometimes when we have low confidence and self-esteem and the negative voices in our head are loud, it can be hard to see the positive things about ourselves.

Let's explore this a bit further...

List 3 things you are good at...

.....

.....

.....

List 3 positive qualities you have...

.....

.....

.....

List 3 of your strengths...

.....

.....

.....

Ways you have helped others...

.....

.....

.....

List 3 compliments you have received...

.....

.....

.....

Things that make you unique.....

.....

.....

.....

Challenges you have overcome....

.....

.....

.....

Your biggest achievements....

.....

.....

.....



# DAILY GRATITUDE

By practicing daily gratitude, it can help us reflect on the good things in our lives. Use this daily gratitude journal to help you get started

DATE: .....

TODAY I AM GRATEFUL FOR .....

.....  
.....

ONE THING THAT MADE ME SMILE TODAY: .....

.....

SOMEONE I AM GRATEFUL FOR .....

.....

THINGS I AM LOOKING FORWARD TO .....

.....

.....

HOW I WILL SHOW GRATITUDE TO MYSELF/FAMILY/FRIENDS? .....

.....

.....

SELF REFLECTION .....

.....

.....



## GRATITUDE JAR

Write down all the things you are grateful for. You can continue to add to the jar as you work through the workbook

# DESCRIBE YOURSELF



What words would you use to describe yourself?  
Circle these in one colour.

**POWERFUL**  
*Imaginative*  
KIND BRAVE  
*Mindful*  
Dependable **BOLD**  
ADVENTUROUS  
Caring  
**ORGANISED** *INDEPENDANT*  
*Joyful* Enthusiastic  
*Loved*  
Confident Healthy **STRONG**

*A good friend* **UNIQUE** *Resilient*  
**Reliable** *curious*  
**CALM** *present* Loyal  
**AMBITIOUS**  
*Empathetic* Empowered  
committed  
WORTHY **Positive**  
**Grounded** **SUCCESSFUL**  
*Valuable*  
**RESOURCEFUL** *optimistic*

What could you do to work towards becoming these things?

What words would you like to describe yourself as?  
Circle these in another colour



## WHAT BRINGS US JOY?

Let's spend some time thinking about what brings us joy.

- What hobbies do you have? If you don't currently have any hobbies, what would you like to do? What's stopping you doing this?
- What makes you smile? How could you do more things that make you smile?
- What places make you happy? How could you go to these places more often? If you can't get to these places, what is the next best thing?
- What people make you happy? Who do you like spending time with? Why do you like spending time with them? What qualities do they have that are important to you?
- What are you passionate about? Is there a way of using this passion to bring you joy? How could you do this?

How could you incorporate more joy into your life?

What's currently stopping you doing this?

List or draw all the things that bring you joy.



# SELF CARE

Self-care is really important. Sometimes when we have low self-esteem, we can neglect our own needs as we don't feel worthy. We want you to know that **YOU ARE WORTHY**. You deserve to have your needs met as you **ARE IMPORTANT!**

Think about some ways that you can show yourself some love

Here are some examples of what self-care can look like

- Buying yourself a treat
- Having a cozy night in with a good book
- Going to the cinema with a friend
- Going for a walk
- Buying yourself some flowers
- Saying no to plans if you are too tired or don't want to go
- Saying yes to something you usually wouldn't (trying something new)
- Yoga
- Having an early night
- Making sure you are eating well and drinking water
- Having a bubble bath



Use this space to write your own self-care ideas



If we are not used to treating ourselves or meeting our needs, this may feel challenging and that's ok. It's ok to start small and work up to something bigger. It is important to set ourselves achievable goals, these are known as SMART goals. Setting goals that are too ambitious are often referred to as STRETCH goals. Let's explore these a bit further on the next page.

# SMART GOALS

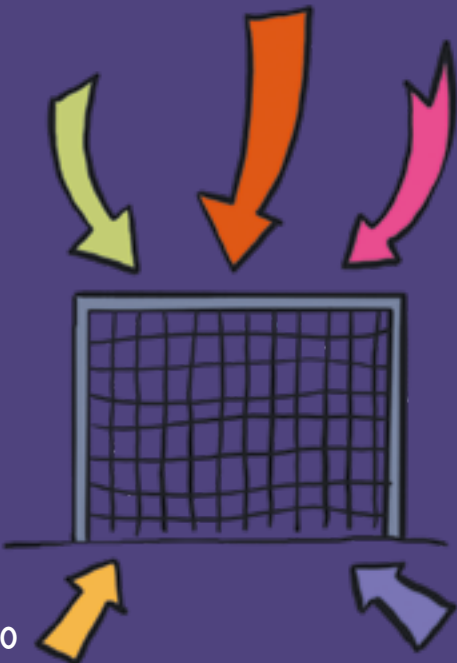
What is a SMART goal?

A SMART goal stands for:

- Specific
- Measurable
- Actionable
- Relevant
- Time bound

When setting a smart goal think:

- Is it Specific? Getting healthy would be a stretch goal as its very vague, whereas 'go for a run three times a week' is more specific
- Is it measurable? How will you know you have achieved your goal? Having a chart where you can tick off the days you went running would be a way of tracking the goal
- Is it actionable? What is the action plan needed to achieve your goal? Getting new trainers and planning a running route and distance would help with this
- Is it relevant? Why are you setting the goal? If the aim is to improve your health, then taking up exercise is relevant and realistic
- Is it time bound? Setting a time frame can be helpful in supporting us to achieve a goal. We have said we would like to go for a run three times a week but for how long? We could aim to run three times a week for the next four months



It's important to review our goals to make sure they still meet the SMART criteria, otherwise we could lose sight of what we want to achieve. If we have not achieved our goal we can look back and see where we might need to make some amendments as goals can be dynamic and change.

Thinking about the self-care activities on the page before, what SMART goal could you set yourself?

MY GOAL <i>(specific)</i>	HOW WILL I MEASURE?	ACTIONABLE STEPS
<i>E.g. to do one self care activity a week</i>	<i>E.g. I will make a note of this on my calendar</i>	<i>Make a list of self care ideas</i>
WHAT AM I TRYING TO ACHIEVE?		TIME FRAME
<i>E.g. To get better at looking after myself</i>		<i>E.g. Once a week for four weeks</i>

Notes

.....

.....

.....

.....

.....

.....

# STRETCH GOALS

What is a stretch goal?

A stretch goal is an ambitious and challenging objective. This is not to say that it is unachievable, however more work may be involved to reach our goal.

If our goal was to buy our first house after just starting a new job straight from leaving home this may be a STRETCH goal. This is not to say it can't happen but it would probably take some smaller steps to get to the end goal

Thinking about what you've learnt about SMART goals- how could you break this STRETCH goal down into a SMART goal?

Specific .....

Measurable .....

Actionable .....

Relevant .....

Time bound .....

Now that you've had some practice setting SMART goals, have a think about or reflect on what you hope to achieve in relation to your confidence and self-esteem.

Can you think of a SMART Goal for this?



# LET'S REVISIT THE BODY MAP

Now we are coming to the end of the workbook lets revisit the body map and colour wheel:

Using the colour wheel, colour in the body to represent the current feelings you have towards yourself.

Have there been any changes since you first started the workbook?



Handwriting practice area with seven horizontal dotted lines for writing.



# LET'S RE-EXAMINE YOUR SELF-ESTEEM

Again, now that we have come to the end of the workbook, tick all that apply.

SIGNS OF HIGH SELF ESTEEM	YES	NO	WORKING TOWARDS
Feeling good about yourself (appearance, beliefs, etc.)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
You acknowledge that you deserve respect	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
You feel comfortable with setting boundaries (i.e. saying no)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
You can accept constructive feedback without questioning your own worth	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
You believe that you are loved and liked by others	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
SIGNS OF LOW SELF ESTEEM	YES	NO	WORKING TOWARDS
You focus on or exaggerate your weaknesses	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
You compare yourself to others to determine your own worth	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
You often believe others are better than you	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
You don't think that you have any positive qualities	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
You think that others don't like you	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

# LET'S RE-EXAMINE YOUR CONFIDENCE

SIGNS OF HIGH CONFIDENCE	YES	NO	WORKING TOWARDS
You focus on your strengths and skills	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
You accept challenges and bounce back from setbacks	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
You believe in your skills and abilities	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
You are able to acknowledge the things you are good at and identify things you could work on	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
You know that you can do things just as well as others	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
SIGNS OF LOW CONFIDENCE	YES	NO	WORKING TOWARDS
You focus on the things you are not good at rather than the things you are good at	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
You are reluctant try new things	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
You fear challenges and scared of setbacks	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
You often think you will fail at something or be no good	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
You do not believe that you can do something well or as good as others	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Has there been any changes since you first completed them?



# TIME FOR SOME REFLECTION

WRITE ANYTHING THAT CAME UP FOR YOU WHILE YOU WERE WORKING THROUGH THE BOOK.

---

---

---

---

---

WERE THERE ANY PARTS OF THE WORKBOOK THAT YOU FOUND DIFFICULT? WHY DO YOU THINK THIS WAS?

---

---

---

---

---

HOW DO YOU FEEL NOW COMPARED TO WHEN YOU FIRST STARTED THE WORKBOOK?

---

---

---

---

---

WHAT HAVE YOU LEARNT ABOUT YOURSELF?

---

---

---

---

---

LIST 5 POSITIVE QUALITIES ABOUT YOURSELF

---

---

---

---

---

---

---

---

---

---

DID YOU FIND THAT EASIER OR HARDER THAN THE FIRST TIME YOU WERE ASKED TO LIST YOUR POSITIVE QUALITIES? WHY DO YOU THINK THAT WAS?

---

---

---

---

---

---

---

---

---

---

We hope that this workbook has been useful and that it has helped you to see that you are amazing and deserve to live a happy and fulfilled life.

We want you to know that you are worthy of time and space and that all parts of you should be celebrated as they have helped you get to the place you are at today. We hope that you will be able to continue on your healing journey and that you can use some of the tools within the workbook if you should need to come back to them at any point. For now, we leave you with hope and strength.

## YOU'VE GOT THIS WE BELIEVE IN YOU

'You are doing your best and that's all you can do'

'It's ok not to be ok all of the time'

'From survivor to thriver'

'You are capable of amazing things'

'Being you is your super power'

'You are enough'

'Whatever happened it was not your fault, and you are not to blame'



SCAN ME

We would love to know your thoughts about the toolkit. If you would like to share these please scan the QR code.



'Caring for myself is not self indulgence, it is self preservation'

Audre Lord



'It is literally impossible to be a woman. You are so beautiful, and so smart, and it kills me that you don't think you're good enough'

America Ferrera-Barbie



'I now see that owning our story and loving ourselves through that process is the bravest thing we will ever do'

Brene Brown



'No one can make you feel inferior without your consent'

Eleanor Roosevelt

# SURVIVOR STORY

For years, I was silenced. I would obey, not question and I learned that keeping quiet kept the peace. I felt genuinely inferior to others, trapped and filled with such overwhelming shame. I believed I was a faulty person due to the things I'd been subjected to.

I was exhausted and felt trapped in my mind. A frame of an individual, I would stare in the mirror and question who I was. Feeling as if I couldn't trust myself, make a decision, or recognise any body sensations relating to feelings. It was a terribly lonely time; I felt nobody would want to be my friend or to spend time with me. I thought I wasn't worthy of recovery. I struggled to reach out as I felt like I was burdening those around me; they had lost hope in me, but more importantly, I'd lost hope in myself.

I was taught from a young age that my opinion and say didn't count; I carried this into adulthood. I felt utterly powerless and as if I was a lost cause. For years, I was too scared to reach out for help until one day, I found the courage as I knew things desperately needed to change.

It's taken a lot of work and time to find my voice and use it. I was consumed with self-doubt and negative self-talk for so many years. It felt as if I played an exhausting game of tug-of-war with myself. During recovery, things felt so uncomfortable and never-ending. These were what I call growing pains; growth takes time and isn't easy, but it is



so worth it. I've learned you can outgrow people and places. Potentially, you can lose people as you change, but those who are truly meant to be in your life will stay. A Flower cannot bloom if it's not in the right environment.

Throughout my healing journey I've learnt how to find myself. I've learned how to trust myself to try new things. To be okay and cope if those things don't go to plan. I found the confidence to be myself to make those connections. And now know that I am worthy of a life filled with happiness and joy, that I deserve to be treated well and respectfully, and that I'm no less than anybody else.

I specifically remember one time in therapy being asked to create a mind map of 'who am I?' Plenty of negative words came to mind. I struggled immensely to think of anything remotely positive about myself; however, if you asked me now, I know I have many positive attributes and that those around me would agree.

I've taken my power back, made new friends, found myself and healed my inner child. I know I belong, and I'm loved. I know I can Reach out for help when needed and don't feel I am burdening anyone.

One bad chapter doesn't mean your story has to be over. I'm grateful, and look for joy in every day because i know i am worthy of good things.

**GROW THROUGH WHAT  
YOU GO THROUGH**





**SUFFOLK  
RAPE CRISIS**



**SUFFOLK  
Community  
Foundation**

To access further support visit: [www.srchelp.org.uk](http://www.srchelp.org.uk)

access the Rape Crisis England and Wales website [www.rapecrisis.org.uk](http://www.rapecrisis.org.uk)

All Rights Reserved SRC © Designed by Silverlace Creative

Funded by Suffolk Community Foundation through the VAWG fund