

## Attached Packet

# Extension of My Story

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This extended packet is specifically for victim's who have undergone multiple injustices by the same criminal/abuser. This gives the proper amount of space for you to fill out each particular situation/instance.

*If you have experienced sexual abuse/rape from the same person, each (individual) time it occurred will be helpful for the criminal case. This is because a criminal is charged with what is called single or multiple "counts" of rape/assault. If the sexual assault/rape happened one time, only one witness statement of that particular experience is needed. If it happened twice, two witness statements are needed. If it happened multiple times from the same abuser, written statements of each individual experience are needed. When there is a witness statement written for each incident, it allows for the possibility that the abuser can be charged with multiple counts of rape/sexual assault - which will add the necessary charges to his record in case he does this again to other victims and/or it will add more to his penalties/potential time in jail.*

*It can be hard to remember details while recounting the experiences because our brain naturally blocks out these memories with the intent of protecting us from the pain until we are capable of working through it. Therefore, writing down as many details as you can, will be the most helpful for not only your healing process but also for the criminal case.*

*Take the time to fill out the following.*



Incident #

**My Full Name :**

**Date of Incident:**

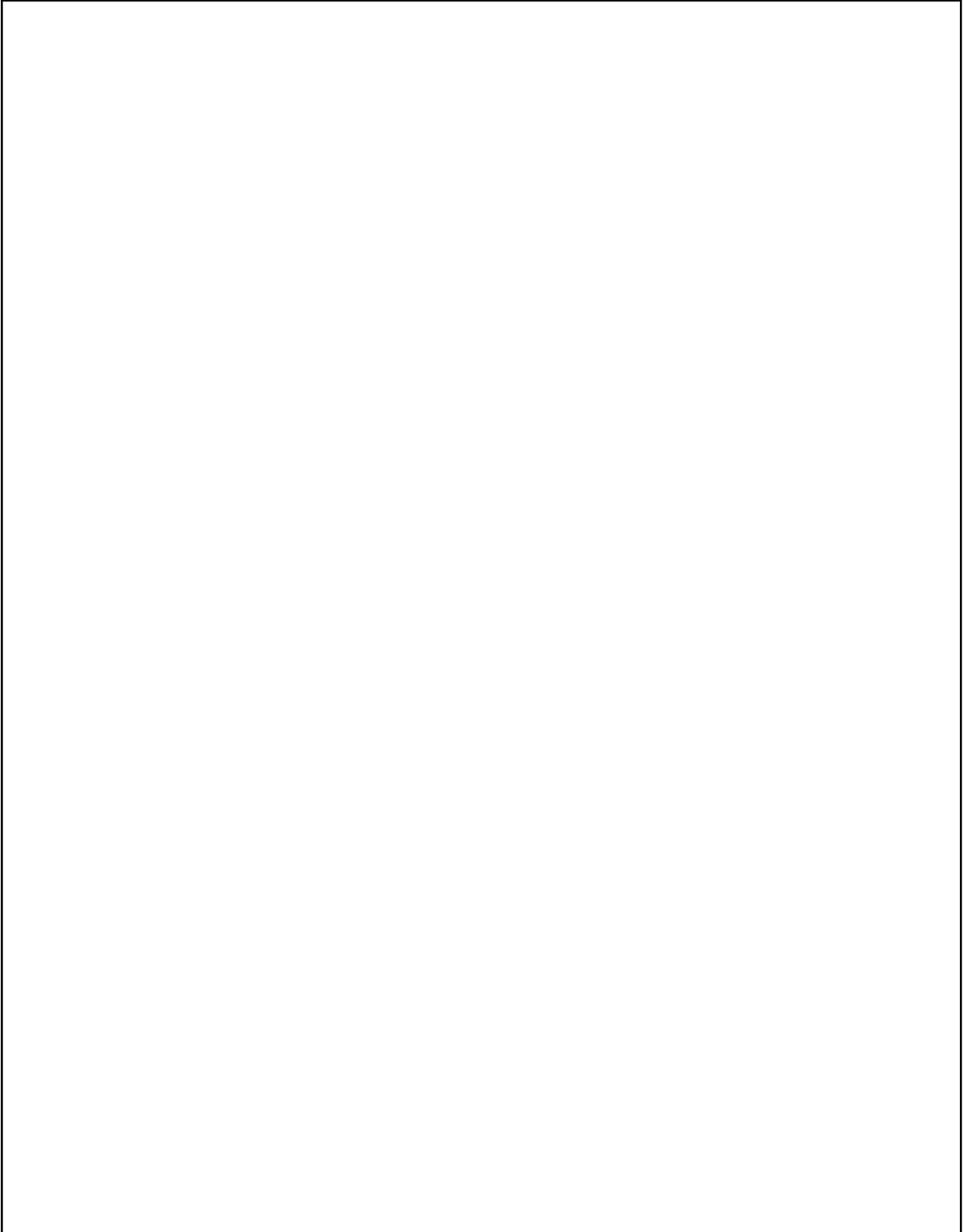
**Type of Abuse/Assault/Injustice:**

*Include location, estimated date/time, how it happened, who was there, who you told, etc. Write in as much detail as you can remember. Remember as much as you can, including what he did to you and what you said and did in the situation. (Did you say anything along the lines of “no”, “stop”, “I don’t want to”, “go away”, “get out”, “leave me alone”, etc.)*

*Begin writing down your experience.*

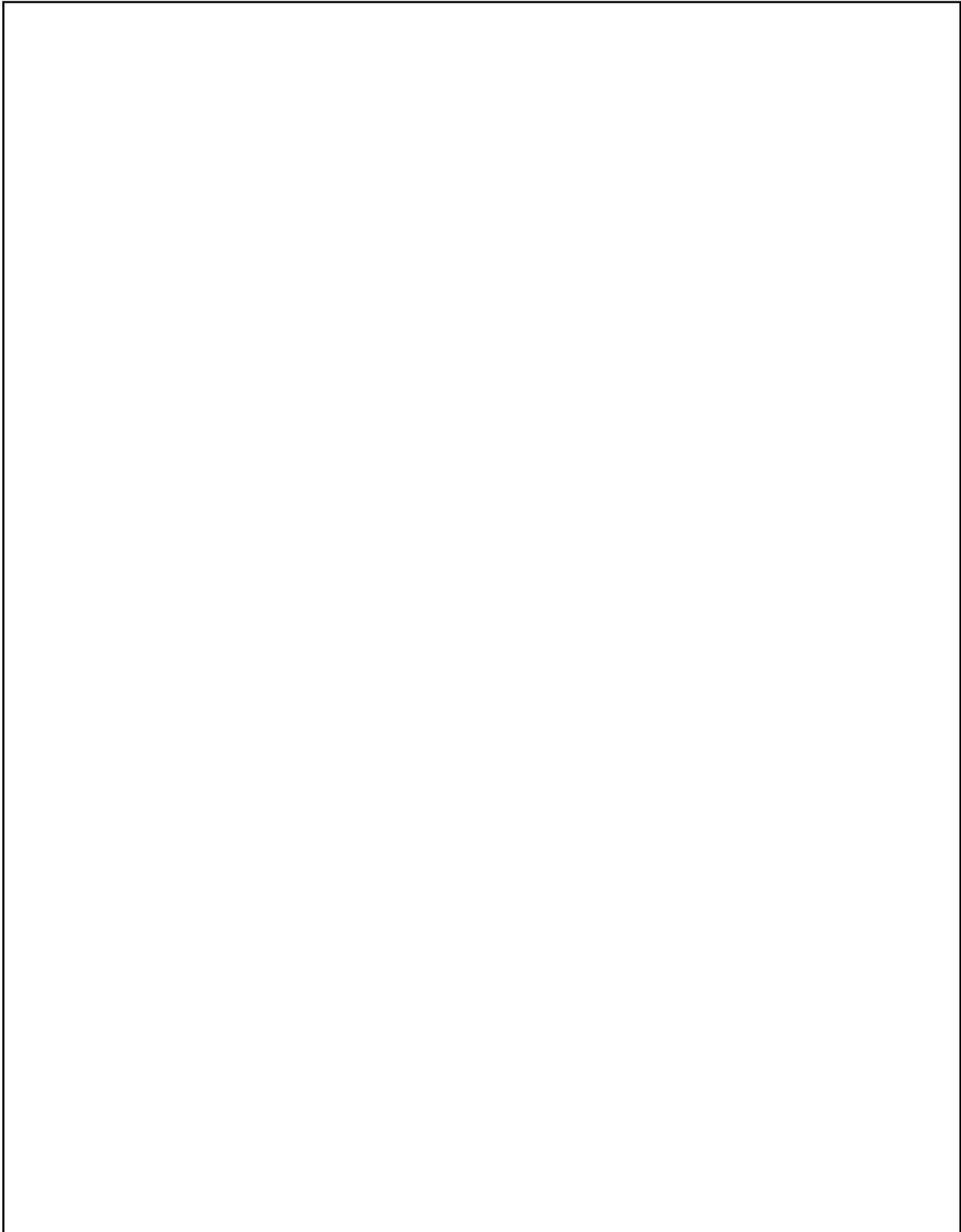


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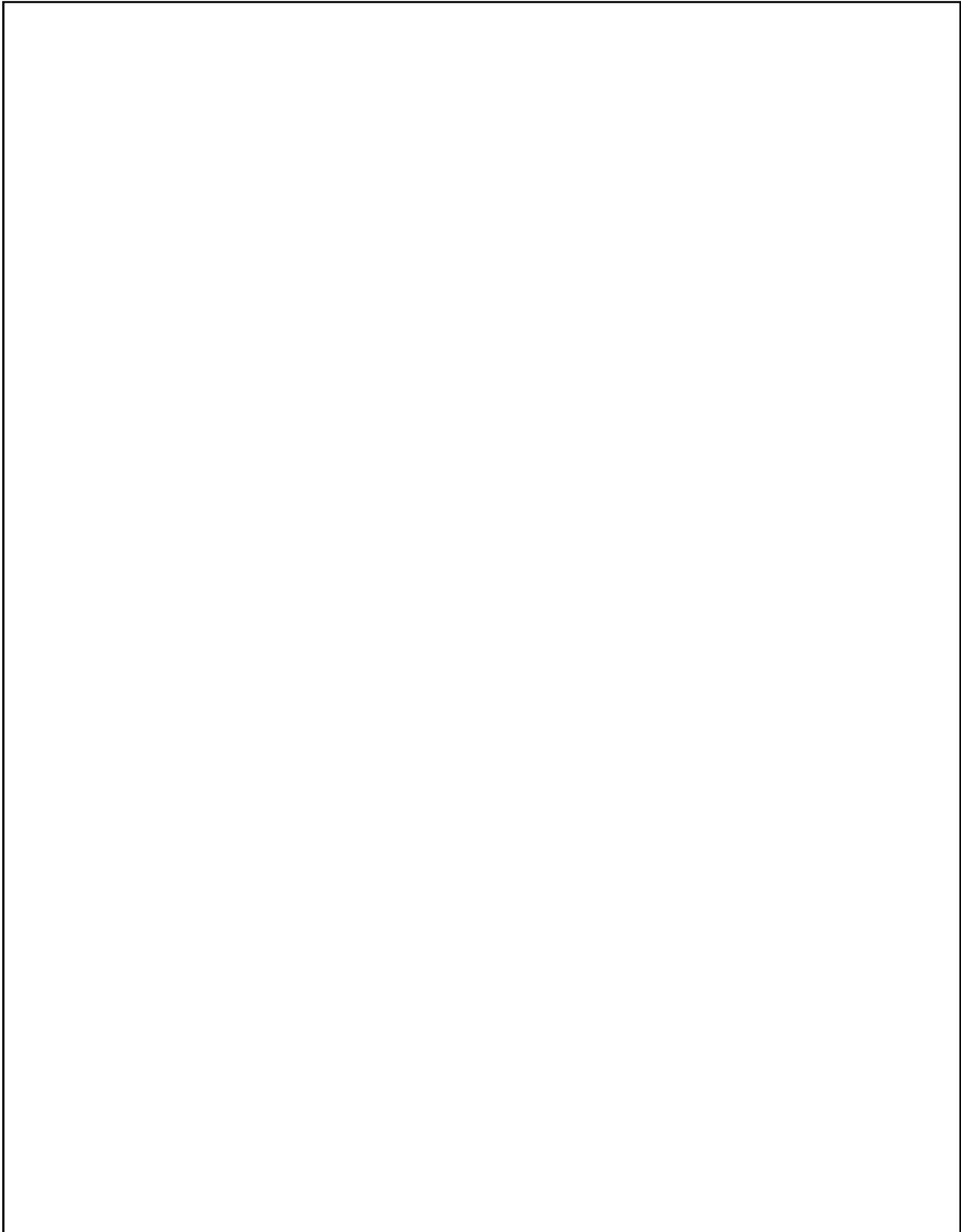


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## Rejuvenate & Recover - Receive & Release

Take a moment right now, to breathe. You did it. Acknowledge what you just did.. what you just overcame. Consciously make the decision to release what is causing you pain and receive what it is that you want and need right now.

Continue to breathe deeply in through your nose & out through your mouth at a natural pace. While breathing, repeat these affirmations. You can add the tapping mechanism to help your brain and body process these affirmations on a deeper level. (This is called ETM - Emotional Tapping Mechanism and is very successful for healing. You can google it to learn more about it). Take this moment to do this before moving on to writing your next experience.

1. Identify what emotion you're feeling. Feel free to close your eyes while you do this exercise. Tell yourself, "it's okay that I'm feeling this way." Rate the strength of the emotion you're feeling on a scale of 1-10 (10 being the strongest).
2. Identify what emotion you would like to replace that emotion with. We are taking our power back right now by rewiring the negative with the positive. (Ex: replacing anger with love, replacing fear with safety/courage, replacing sadness with compassion, replacing shame with confidence, replacing anxiety with peace, etc.) The example used below is Replacing Fear with Courage. As these emotions are used in the example below, in place of the example emotions, use the ones you chose.
3. Begin by breathing in and saying out loud "I receive courage" (your positive re-wiring) and breathe out while saying out loud "I release fear" (your negative emotion). This is where we release what we are no longer in need of and that is not serving us for a positive purpose.
4. Continue breathing in while saying out loud your positive affirmation and breathing out while saying out loud while saying your negative release. Start tapping the top of your head with both of your pointer fingers. Do this while breathing and repeating out loud your rewiring phrases 3 times in each tapping location.
5. Continue while transitioning to tapping with your pointer fingers on your temples. Repeat 3 times on your temples.
6. Continue while tapping under your eyes. Repeat 3 times under your eyes.
7. Continue while tapping under your nose/above your top lip. Repeat 3 times.
8. Continue while tapping your chin. Repeat 3 times.
9. Continue while tapping under your collar bones. Repeat 3 times.
10. Continue while tapping the muscle a couple inches below your armpits (your arms will be crossed across your chest as if you're hugging yourself). Repeat 3 times.
11. Continue while tapping a couple of inches under your pectoral muscles (chest). Repeat 3 times.
12. Continue breathing and re-evaluate the rating of the strength of your negative emotion. How strong is your negative emotion at this moment? (on a scale of 1 - 10) Is it any lower on the scale than where it was in the beginning?
13. Repeat steps 4 - 11 until you are able to rate the negative emotion in this moment at 0 on the scale of 1 - 10.

This is what will help your body have the mental & emotional capacity to continue forward. It also helps protect your mind & body from experiencing severe triggers or additional trauma while healing and re-visiting where you are still hurt (mentally/emotionally).

You are so strong!! Your body is designed to withstand hardships, but it needs your help by taking care of yourself so it has what it needs to be strong. You got this!

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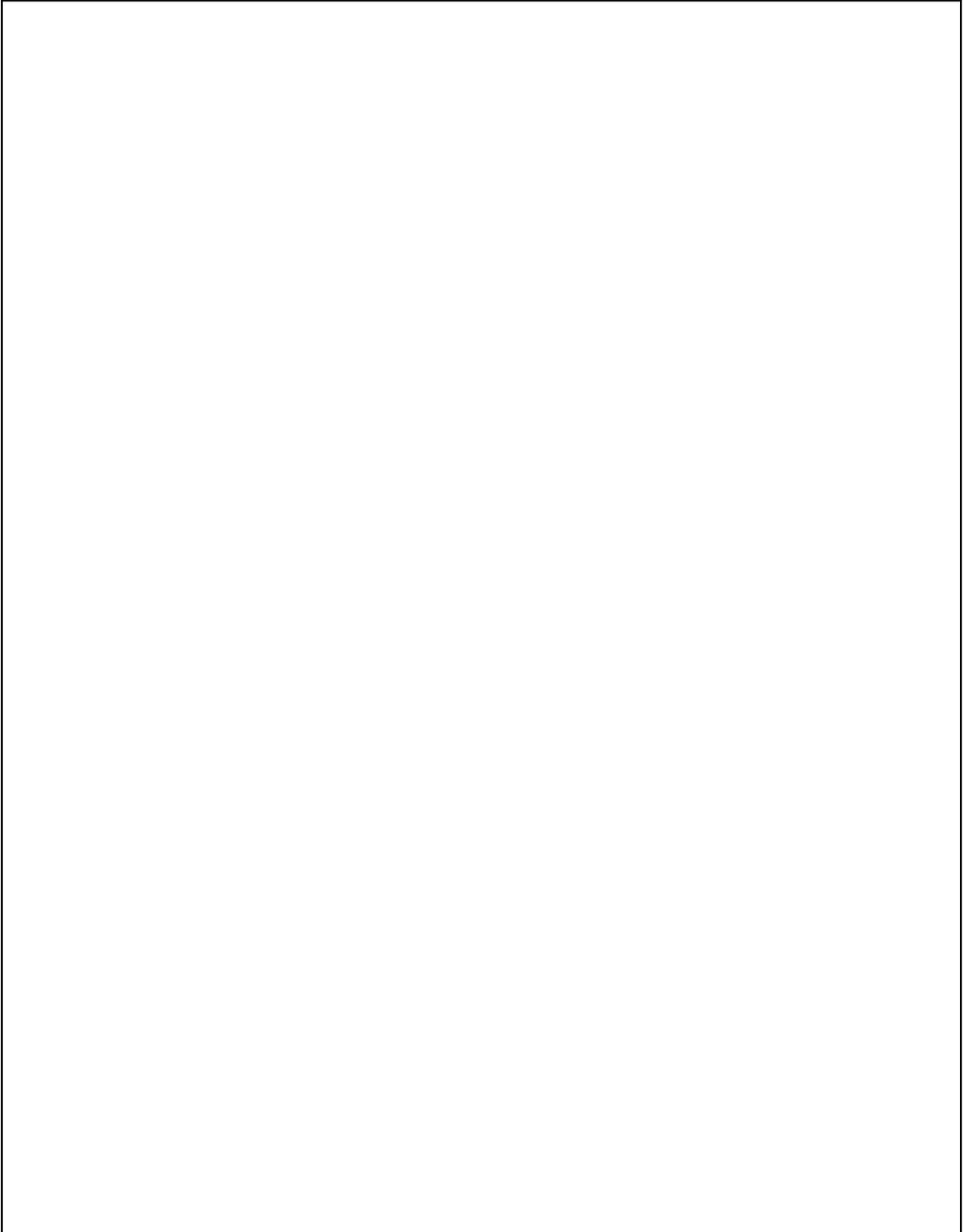
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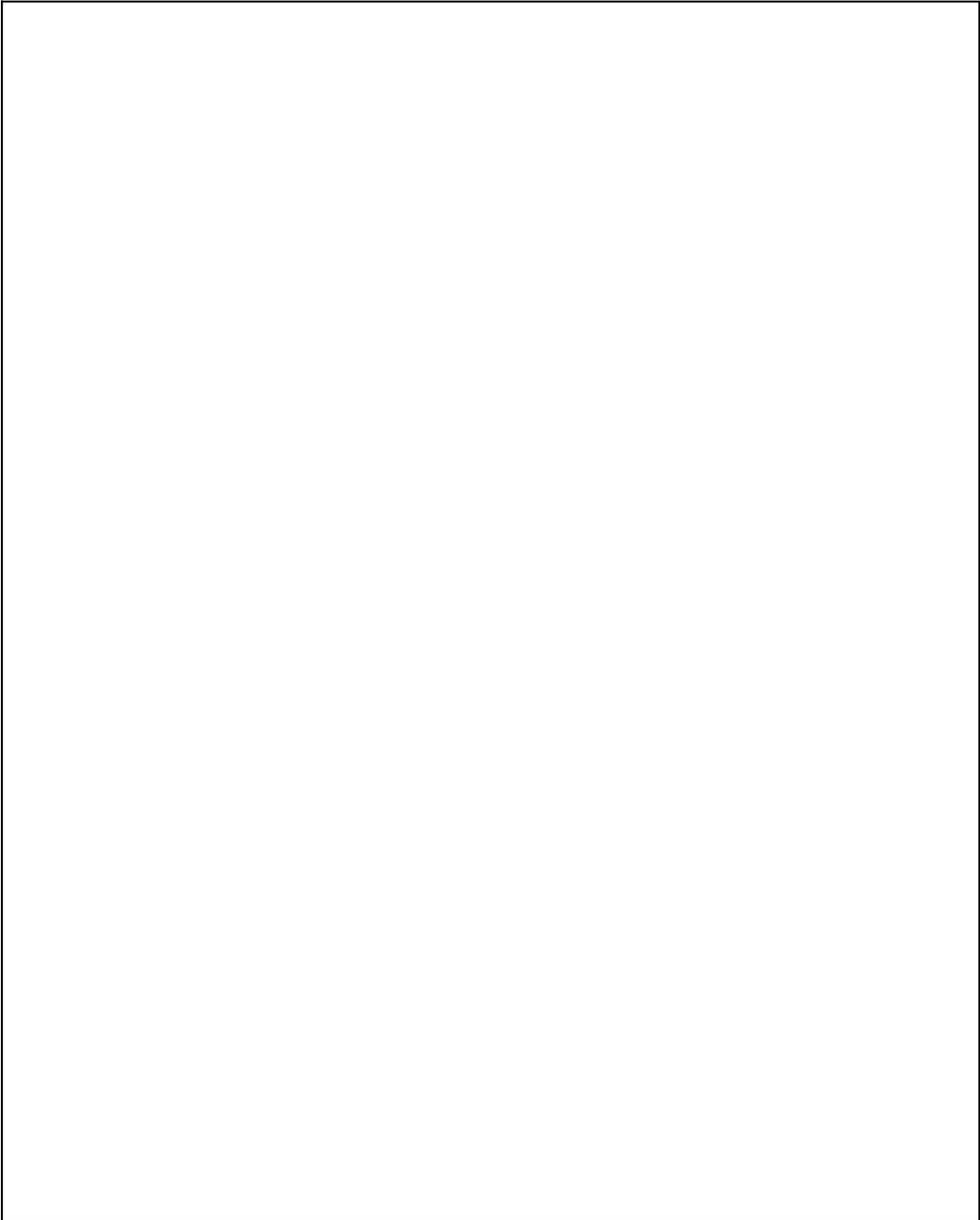


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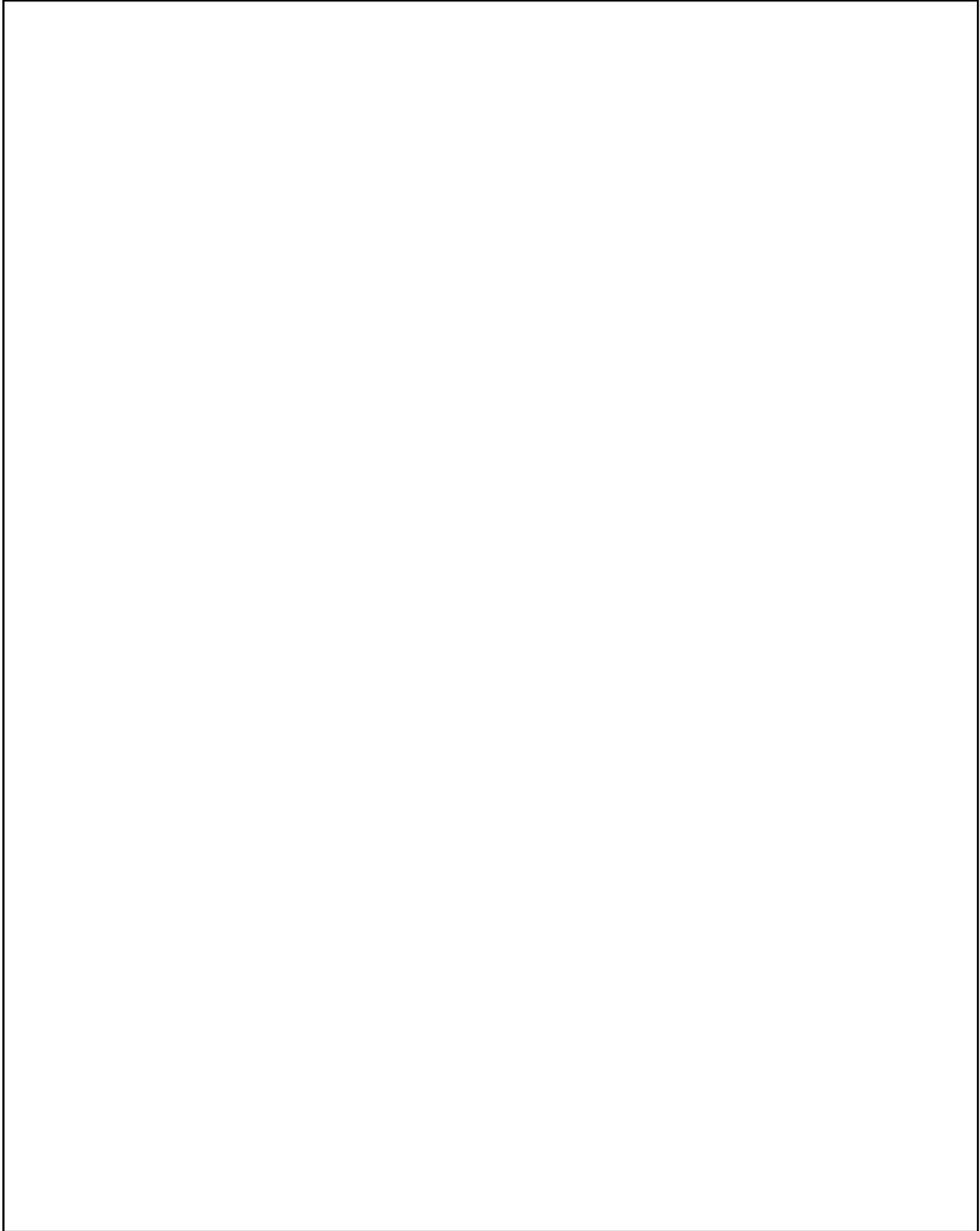


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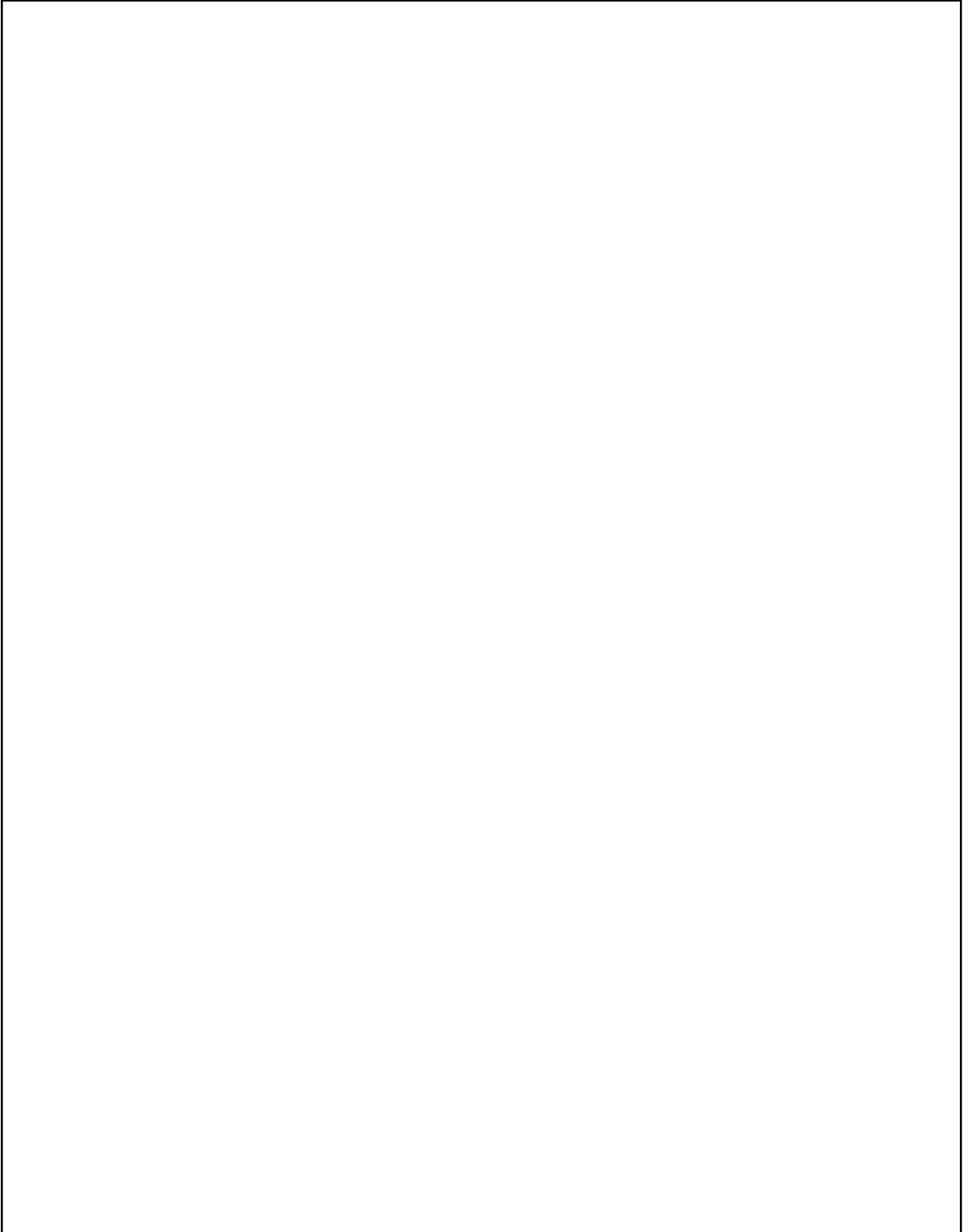
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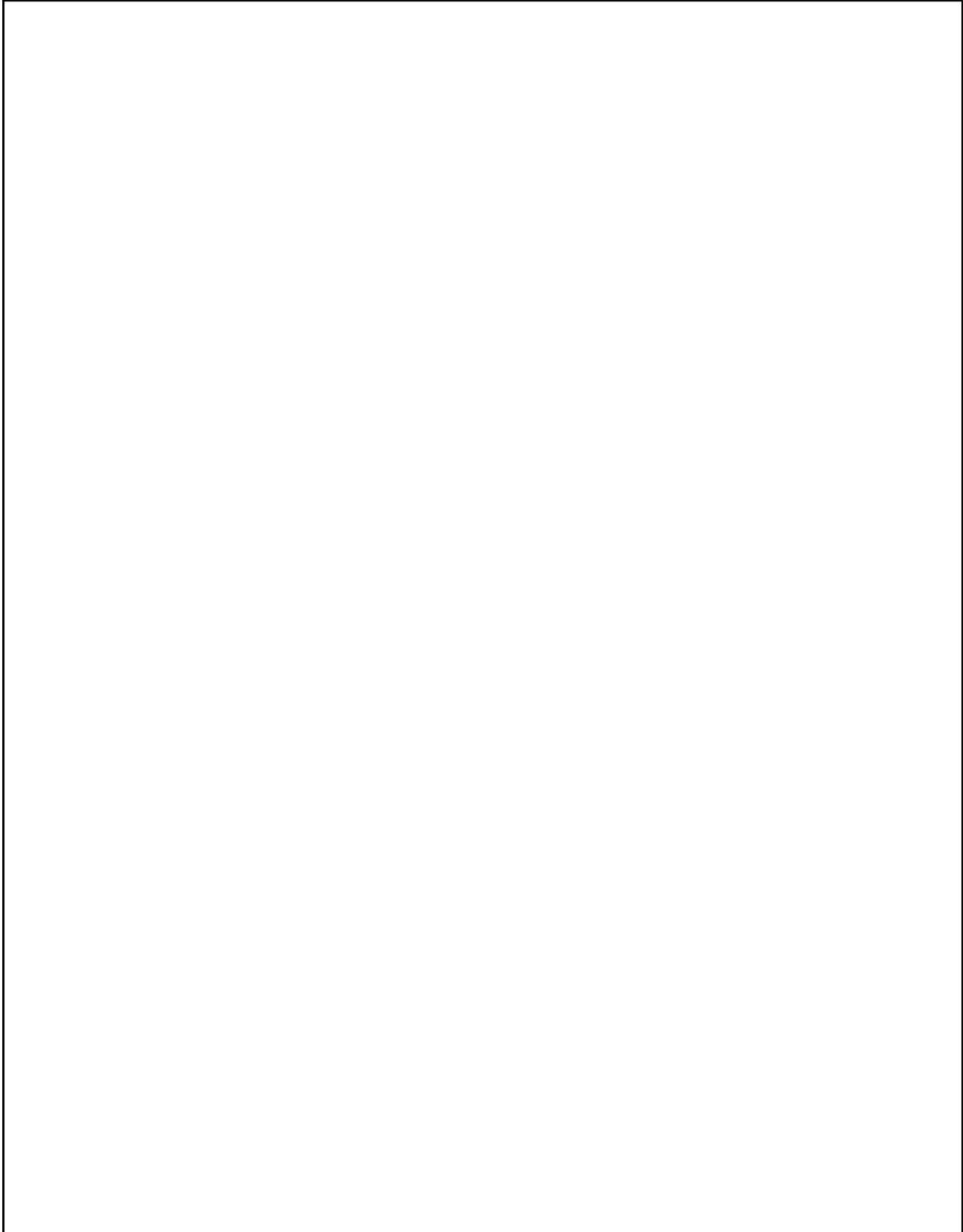


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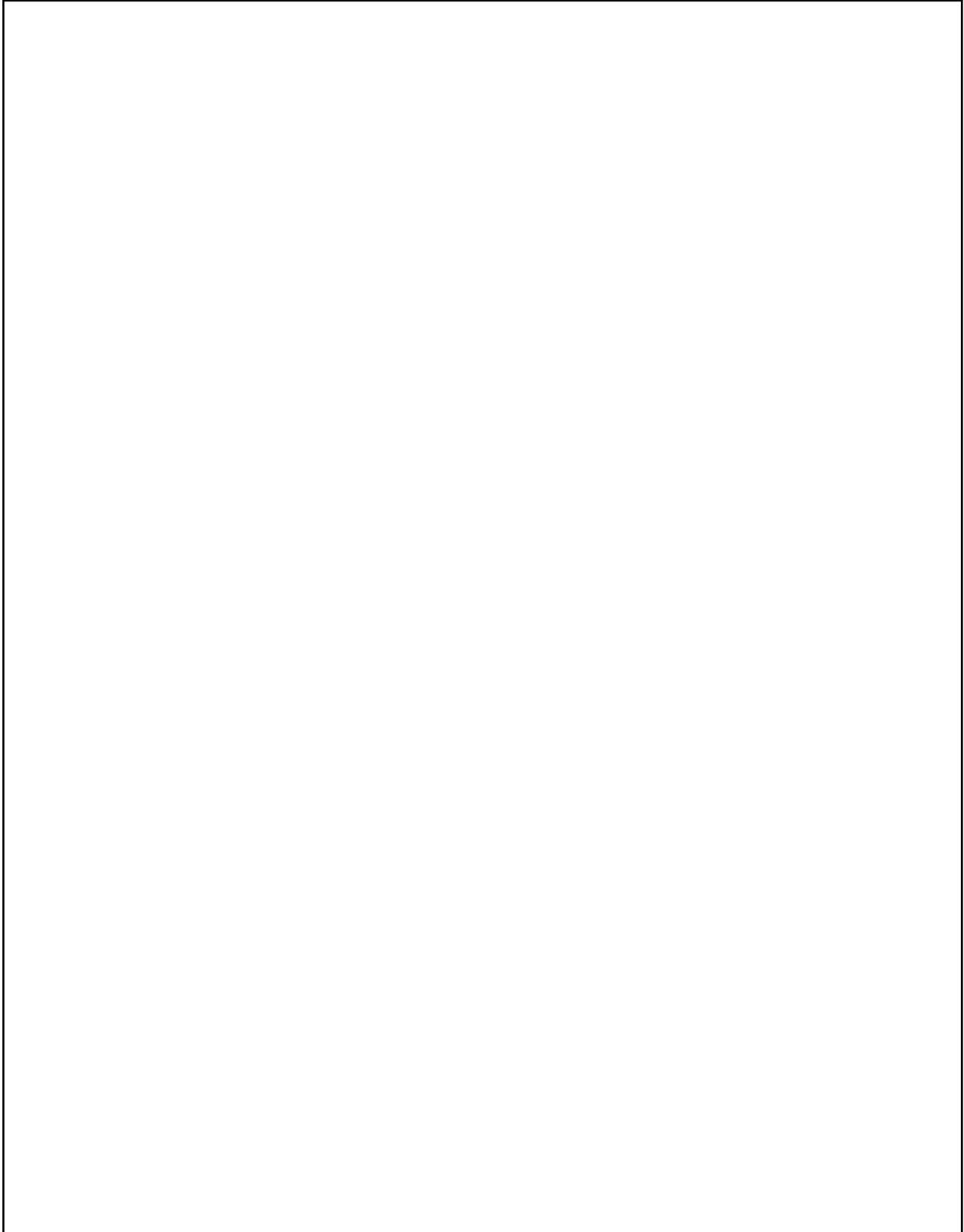


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Separate Incident :

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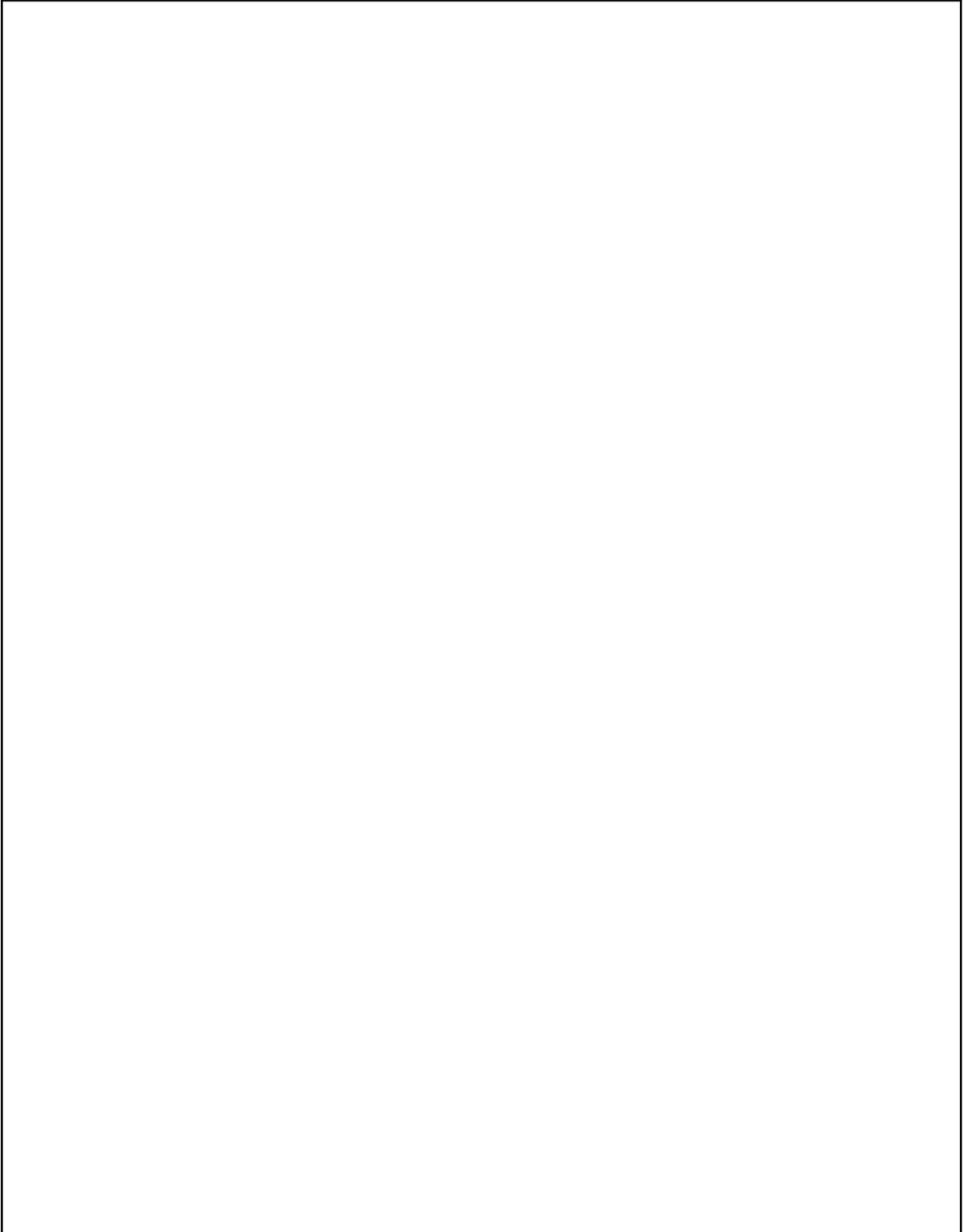
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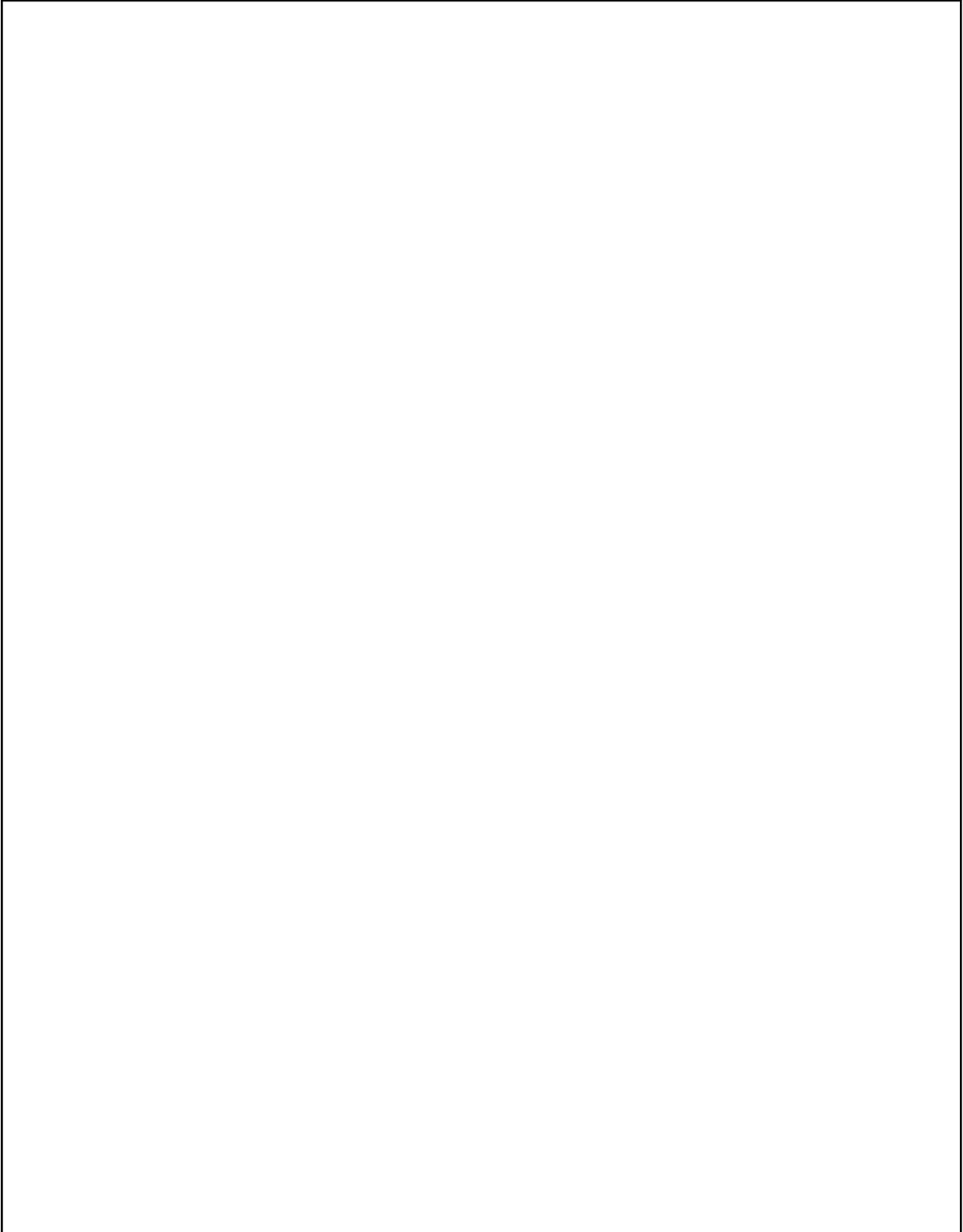


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