

My Survivor Story

No sugar coating. My real and raw truth.



Summary

1. My Full Name : (victim of this case)

2. Full Name & DOB of Criminal:

3. Full Names of additional Victim's : (if any)

4. The crime(s) committed against the victim:

5. Category of Abuse:

6. How old were you when this happened?:

7. Date of Occurrence : (Include specific dates if you remember them)

8. City, State, and County where crime occurred?:

9. Case Number : (Ask your victim's advocate or the police officer)

My Mission Statement

This is where you write your WHY. Why do you want to go forward with this criminal case? Why do you want your abuser to be charged appropriately for what they did? What do you ultimately want to come out of this? WHY is this important to you? (Revisit this mission statement throughout the case and throughout your day-to-day life to remind you of why you are pushing forward. Let this remind you of how worth it this will be in the end). A mission statement is typically 1-2 sentences, but varies and is individual to you.

My WHY:

My Experience

Once you write these things down, you won't have to repeatedly write them down for other witness statements, in your journal, when you're subpoenaed, or anything else that may come up. You can get it all done right here and then copy & paste it for whenever you may need it. The more details the better. Details (such as what you were wearing, what you were doing right before he/she confronted you, details of your surroundings, what season it was, anything you could see, hear, taste, smell, or feel, etc.) will make it harder for the rapist/abuser to dispute. If you were sexually exploited online, include extensive details, including how they obtained the photos/videos and what specifically is in the photos/videos.

I know this is hard. I know it hurts. And I know it's painful. But I can tell you through personal experience, that writing this down will be relieving in the end and will allow your brain to heal from the trauma & pain it has experienced. Everything will be okay. You are safe now. Make the decision right now to bring these experiences to the surface so you can make the choice to take your control back and not let them affect you anymore.

"Reliving the past CAN be relieving. You just have to work through it and release it." - Brit L'Amour

If you have experienced sexual abuse or rape from the same person, recording each 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 or 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/she 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.

If it happened more than one time, download the extension packet (available on www.britlamour.com). This packet gives you more space to record each incident.

Take the time to fill out the following :



My Experience when the Crime Occurred:

Include location, estimated date/time, how it happened, who was there, who you told, etc. Write in as much detail as you can remember. The more details, the harder it is for the rapist or abuser to dispute. Remember as much as you can, including what he/she 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.)

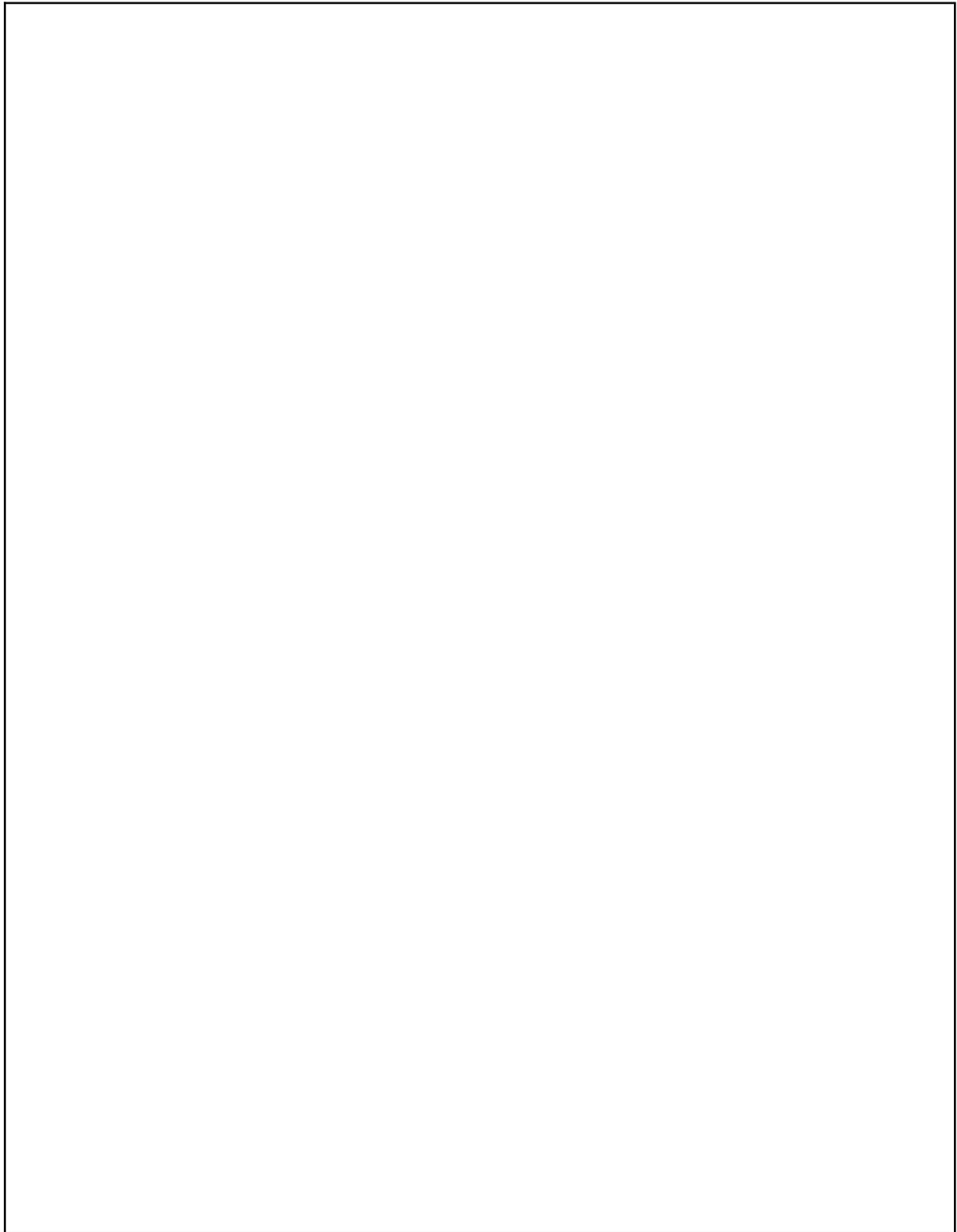
Date:

Type of Abuse/Assault/Injustice:

My Experience:

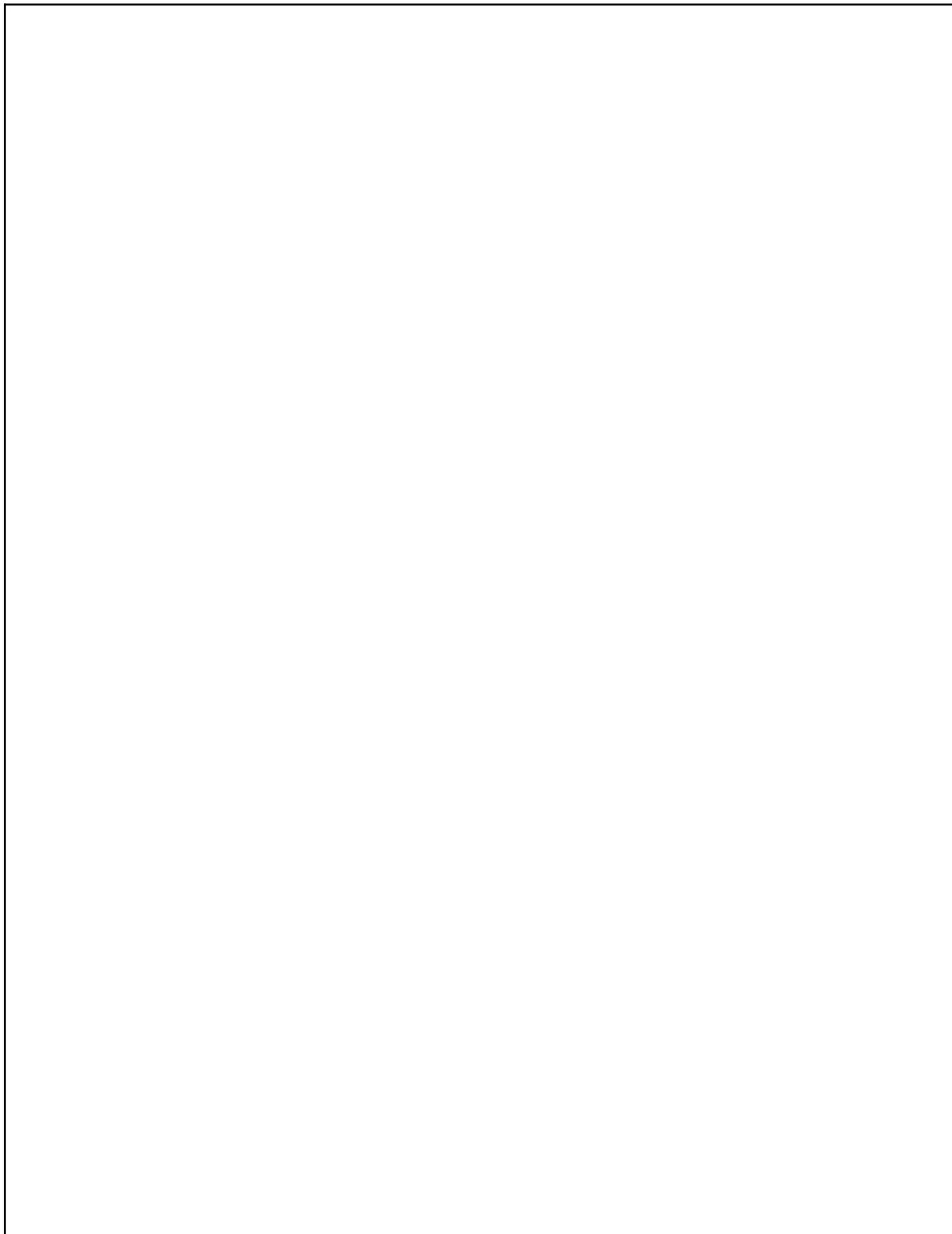


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Rejuvenate & Recover - Receive & Release

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!

Evidence

As most people know, evidence and multiple witnesses/victims are the strongest forms of evidence in a criminal case - for both sides. The more evidence, the more likely the criminal will be convicted. Evidence can be in lots of different forms - Ex. For sexual exploitation, screenshots of photos/videos of you online that they sold/distributed without your permission. Ex. physical damage done to the body. Ex. multiple victims and/or a witness who saw or heard the rape when it happened (or who you told right after it happened). Ex. Text messages, emails, phone calls or recordings that help support any part of your witness statement. Ex. Friends of theirs that they told/admitted to about the things that they did to you. Ex. The abuser's username and/or password for their email(s), apps/sites they use, and social media accounts where they may have exploited you.

Try your hardest to find as much evidence as you can or any details that can help assist the police in their investigation to find what they need to convict the criminal. Unfortunately, the attorney's do not do this for you. You can hire a private investigator, and they will be able to assist you in finding the evidence that is more difficult to find.

Here are some things to help give you ideas of where to start. There are plenty of other types of evidence. Get creative. Think like Sherlock Holmes! And then turn your thoughts off, release, and move on with the rest of your day until you need to revisit this. Do not become consumed with solving your own case. You are not alone anymore. Utilize your resources and your support team.

Current Evidence I have or Evidence I know about:

- a. Abuser's Username and/or Passwords of emails, apps, websites, apple ID, social media accounts, etc. :

- b. Screenshots: (Save the screenshots and this pdf in the same folder on your computer/desktop). Briefly describe the screenshots you are providing below :

- c. Emails: *(Save the screenshots and this pdf in the same folder on your computer/desktop)*
Briefly describe the emails you are providing as evidence below:

- d. Bank Account History: *(Attach the documents to this pdf, or save the separate documents and pdf in the same folder on your computer/desktop)*

- e. Text Messages: *(Save the screenshots and this pdf in the same folder on your computer/desktop)*

- f. Social Media messages: *(Save the screenshots and this pdf in the same folder on your computer/desktop)*

- g. Camera equipment used in crime:

- h. Flash Drives or other digital storage devices potential used in crime:

i. Abuser's address:

j. Medical Records: *(Attach the documents to this pdf, or save the separate documents and pdf in the same folder on your computer/desktop)* Briefly describe the screenshots you are providing below.

k. Other:

Rejuvenate & Empower - Self-Care

Take a moment right now, to breathe. Taking a break every now and then while filling out this packet is completely okay - in fact it's important that you do so. At this point in the packet, it's time to go do some self-care! This will rejuvenate your mind & body, and will help you continue forward with clarity & peace. This is also a key part of healing throughout this justice process. This helps you take action and implement self-compassion and self-love. Loving ourselves unconditionally is crucial for healing. This includes forgiving ourselves of anything we are holding onto. As we SHOW ourselves that we have unconditional love for ourselves through actions, our brain internalizes it and we actually begin to truly develop a divine love for not just ourselves, but others as well. If there's anything I've learned from all the suffering I've experienced in my life from the choices of others, it's this - Charity is the answer. For me & my personal beliefs, seeing myself and others through the eyes of God (or higher power), is the quickest way to peace, freedom, and a life filled with happiness.

Self-care can look different for everyone. Here are some examples:

- Workout
- Get your nails done
- Do your favorite activity
- Clean/organize your room
- Take yourself on a date (Ex: dinner & a movie)
- Take a yoga class
- Meditate
- Do a face mask
- Make yourself your favorite treat
- Journal
- Disconnect from social media
- Pray
- Go on a hike/spend time in nature
- Lay outside & Tan
- Read a book
- Take yourself on a picnic
- Etc.

Take time right now to do one of these things. If you don't have time at this exact moment, then block off a time in your calendar later today, tomorrow, or the following day. Do not procrastinate this - I promise it's worth the investment of time & money. Make this your current priority. Once you've completed your self-care, come back & revisit this packet. You are powerful and you are filled with love. Keep going. You're ready to dive in and fill out the next section.

How This Impacted My Life

These next few parts are important for the Victim's Advocate to know how they can help you as well as information that you can give the Prosecuting Attorney to use in the court to help showcase that you really were assaulted/impacted by the abuse that took place.

How has the trauma impacted you financially?

Fill out any that apply. Include any documents/companies associated with each cost. This can take some time for you to complete, but it is worth it. Trust me. Attach documents to this packet that show/prove that these numbers are accurate. You can request financial statements from your bank, your doctors, your counselors, etc.

- a. Counseling/Therapy Costs:

- b. Psychiatrist/Medication Costs:

- c. Medical Costs:

- d. Legal Costs/Attorney:

- e. Life Adjustments Costs (New job, security system, relocation, etc.):

- f. The estimated loss of income:

- g. Other:

How has the trauma impacted you physically?

Do what you can to describe each that you have experienced/are experiencing currently.

Resource for some definitions: <https://www.rainn.org/effects-sexual-violence>

- a. Physical damage to the body:

- b. Weight loss/gain : *(optional: you can include before & after photos if you'd like):*

- c. Sexually Transmitted Diseases acquired from your abuser. (Include medical documents for STDs in your folder if applicable) :

- d. Pregnancy:

e. Abortion:

f. Panic attacks:

g. Suicide attempts/Self-harm:

h. Sleep disorders:

i. Eating disorders:

j. Physical numbness:

k. Inability to have sex:

l. Increased startle response:

m. Other:

How has the trauma impacted you psychologically (mentally/emotionally)?

Do what you can to describe each that you have experienced/are experiencing currently.

Resource for some definitions: <https://www.rainn.org/effects-sexual-violence>

a. Depression:

b. Anxiety:

c. Dissociation:

d. PTSD (Post Traumatic Stress Disorder):

e. Flashbacks:

f. Difficulty concentrating:

g. Substance use/abuse:

h. Paranoia:

i. Phobias:

j. Self-esteem/self-worth:

k. Nightmares:

l. Emotional numbness:

m. Inability to be capable of sex/intimacy:

n. Susceptibility to additional abusive relationships:

o. Medications/prescriptions you now taking because of what happened:

p. Other:

Let The Shine - Taking Back Your Control

Take a moment right now, to breathe. You're almost done! Now is an incredible opportunity to fuel your fire. After recording the negative impact this experience has had on you, take a moment and journal all the positive impacts this experience has or will have. What miracles have you witnessed in your journey? What are some things that have happened during this journey that you are grateful for? What new relationships/connections have you formed due to/after this experience happened? How are you able to relate to others now? What new positive/productive perspectives have you gained? What are some talents/skills/qualities that you have acquired through this experience? What is something that you can now do moving forward/in the future because you have experienced this? What is something you have become passionate about after all of this? What clarity have you received on your purpose in life? How are you going to have this negative experience help you create a positive impact; on yourself, your family/friends, and/or on the world?

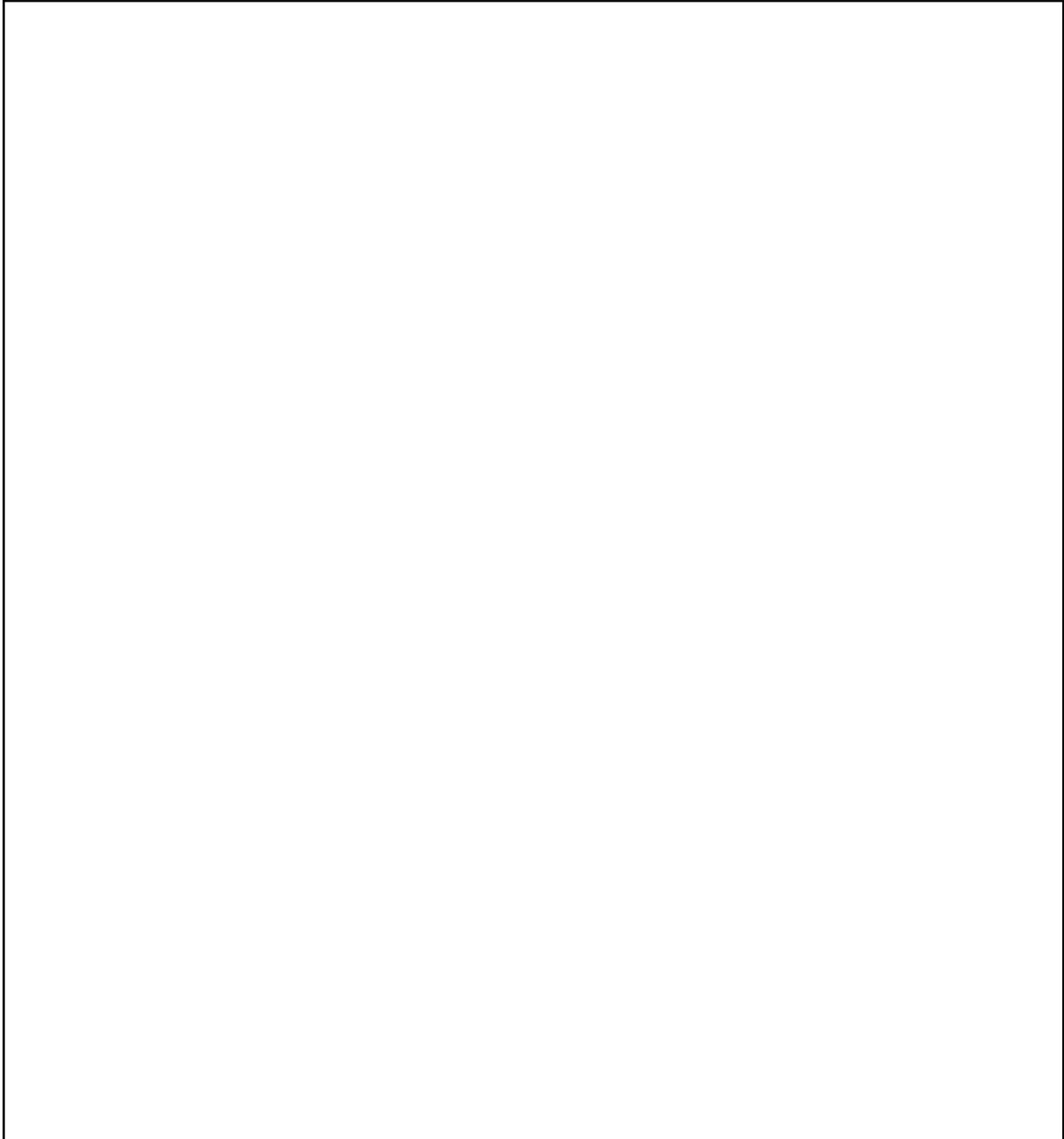
This doesn't have to be given to your attorney or the prosecuting attorney. This is for YOU.

Invest your time right now, into journaling this right here. As you revisit this packet throughout your case, re-read what you write below. Let it spark that fire inside of you, giving you a sense of strength & personal empowerment to take with you on your journey. Let this be a reminder to you of part of your WHY. This is where you take your control back. This is how YOU decide how you're going to let this impact you moving forward. Someone else's decision does not dictate your future or your happiness. This is your chance to discover something inside you that will bring an even brighter light to your life that you didn't have before. Embrace this. Because THIS is your story. THIS is part of who you are becoming. THIS is your hero's journey. You're incredible.



Journal the positive impacts/experiences that have come from this. They can be big and/or small things. Everything and anything that you can think of. Record it below for your own purposes. Let the light shine.

“The light shines the brightest in the dark.” - Brit L'Amour



The Effort I Have Put Into My Recovery

Share your experience of your recovery and healing process. Include anything and everything you have done to heal and recover from what happened. It can be hard to find the right help, especially when things are so fresh. If you are in the beginning process of recovering or have yet to put forth great amounts of effort, it's okay; just share as much as you can and/or what you have scheduled/plan to do.

- a. How much money have you put into your recovery?

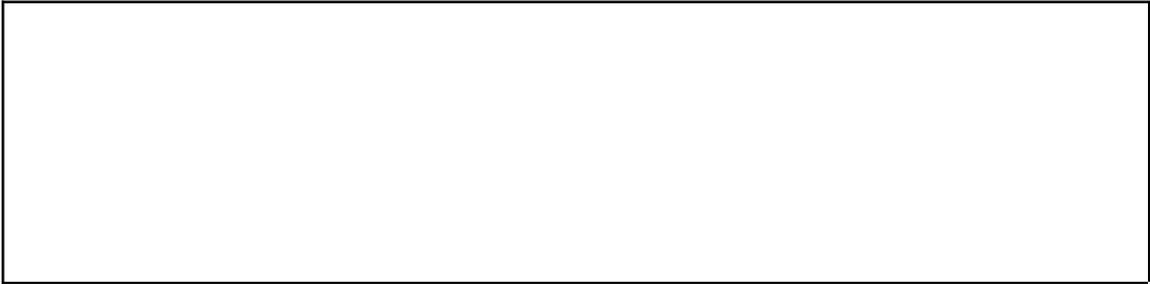
- b. What types of therapy have you done/are doing and for how long?

- c. Other:

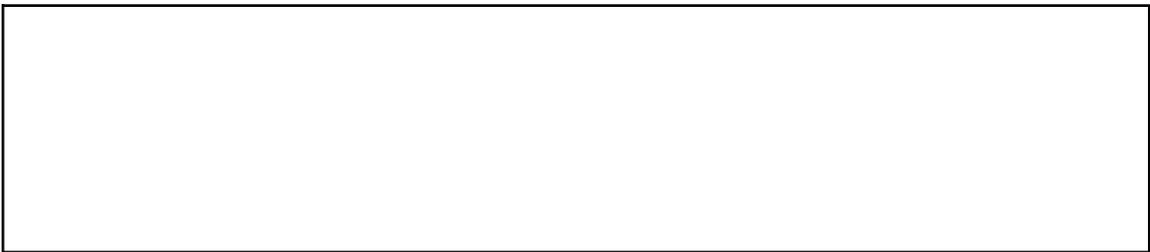
How this Trauma has Impacted My Friends, Family, Relationships, and Work:

This is where you can share how this has impacted your family, friends, relationships, and work. Explain the impacts you have received from this particular trauma. Ex: Has your friend group/support system changed due to what happened? Explain how triggers have affected your intimate relationships, as well as your relationships with family, friends, co-workers, etc. Ex: How has the dynamic of your relationships changed since this happened? How has your career/work-life been affected? Etc.

a. Impact on family :



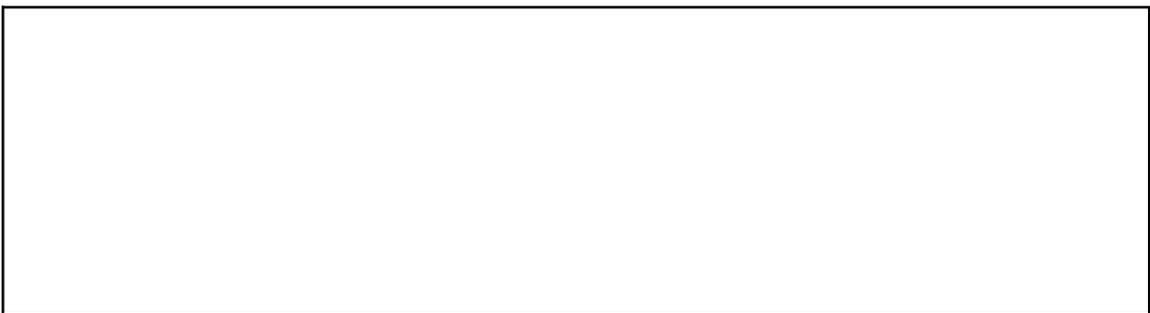
b. Impact on friends :



c. Impact on relationships :



d. Impact on career/work :



Time to Celebrate - A Letter From Brit

Take a moment right now, to breathe. Every victory, big or small, is a victory. And completing this packet was a big one!! Celebrating victories improves our capacity to keep going - it reminds us that no matter what, even if we fail or something doesn't go our way, we did something good, something great, and something that we should be proud of - because it's progress. It's a step towards where we want to be. The more we acknowledge ourselves and our efforts, the more love & compassion we have for ourselves.

By filling out this packet, you've proven to yourself that this case is worth it to you - that you're willing to do your part.. You're willing to do your best. And you did! You did it. You went through the hard part - you brought the trauma you've experienced to the surface, you gathered all the information you need, and you have begun your journey of releasing, rewiring, and healing. This is a MASSIVE step in the healing process, and you should be so proud of yourself. Many live their entire life without making it to this step. You deserve to feel the freedom that will come as you move forward with your healing process.

Remember, every case ends differently. It's common for legal cases of rape or sexual abuse to be dismissed without a conviction. It's possible that at any point throughout your case, that it may come to an end without the criminal being convicted as guilty. OR, it's also very likely that the criminal might be given what's called a "plea offer", and they might walk away with what you can call "a slap on the wrist" (ex: probation & a fee, instead of jail time). This can be very discouraging, frustrating, hurtful, etc. - which is completely valid to feel this way. The emotions that come from an unexpected outcome to a case, can be very strong and overwhelming sometimes. So if you come across this experience, remember to practice the techniques you've learned to release what you cannot control, and take back what you CAN control. YOU decide your future. Prepare for every possible outcome - and make a plan for how you are going to use the outcome to fuel you in your journey moving forward. Let it have a positive impact on you, rather than a negative one. Every negative can be turned into a positive - I promise.

Should you decide at any point, that it is best for you to remove yourself from the case and choose to not continue forward - know that it is OKAY. You have to make the best decision for yourself. Make sure your decision is based on clarity and intuition - if this is how you make your decision, you will not regret the choice you make.

Continue to acknowledge your victories, your efforts, your feelings, and your blessings. Continue to focus on your purpose.. Your WHY. These are the things that will take you from being a victim and transform you into a VICTOR.

You have overcome so much. What you have experienced is REAL. Your reality is your reality, and no one can tell you any different. You deserve freedom from these pains & heartache. You deserve to catapult yourself to becoming the person you have always meant to become. You deserve to know HOW to do all of these things. And you ARE capable of healing from this. I repeat - You ARE capable of healing from this. You were designed to overcome hardships. Although you should have never had to experience these things, you are designed to RISE above them. You have the qualities and abilities to do so. You just have to find that within yourself. So use this to pull that version of you, your strength and passion, to the surface.



As you move forward throughout the case, as well as after it has closed - Prioritize your self-care and mental/emotional health. The amount of time & money you invest into your self-care and wellness, will greatly impact how you will be as a mother, wife, sister, friend, leader, etc. You will see the difference in your life and relationships as you put yourself first. You have to put on your oxygen mask before you can help others. Be lovingly self-aware as you navigate this healing journey. Celebrate your small victories. And let the light within you shine.

Know that you are so loved. Know that I love YOU; that's why I created this packet. Because I love you. You matter. So many people care about you, more than you know. Keep going.

To wrap up this packet, end it with a letter to your future self. Write to the future you, and let them know how proud you are of them. Tell them how much you love them, and acknowledge how hard they have worked. Remind them of your reason WHY, so that you might always remember. Let them know that you forgive them, and that you are grateful that you always did your best. Give them words of encouragement and motivation, for wherever they are at in their life at the moment. And tell them how much you love them.

NOW, move forward with your day. Continue to do your best with everything you face in life. Take the first step in moving forward from this packet, with a solid form of self-care. Dedicate a day to yourself. You deserve it.

Here are some examples of self-care:

- Workout
- Get your nails done
- Do your favorite activity
- Clean/organize your room
- Take yourself on a date (Ex: dinner & a movie)
- Take a yoga class
- Meditate
- Do a face mask
- Make yourself your favorite treat
- Journal
- Disconnect from social media
- Pray
- Go on a hike/spend time in nature
- Lay outside & Tan
- Read a book
- Take yourself on a picnic
- Etc.

You're amazing. I am so proud of you. I'm grateful for people like you in this world, who face their difficulties head on - and choose to let it make them a better person. Keep going. Keep living. Keep growing. You deserve this life, and this life deserves you.

I love you.

Love,



This packet is intended for personal use, to help guide victims of rape, sexual assault, online exploitation, sex-trafficking, human-trafficking, etc. through legal court cases/investigations. This packet can also assist and guide victims of domestic violence. This guide was created by a survivor of these crimes, who has a passion for helping other victims navigate the justice process and heal while doing so. For more information and for professional guidance, please reach out to your local Victim's Advocate/Coordinator.