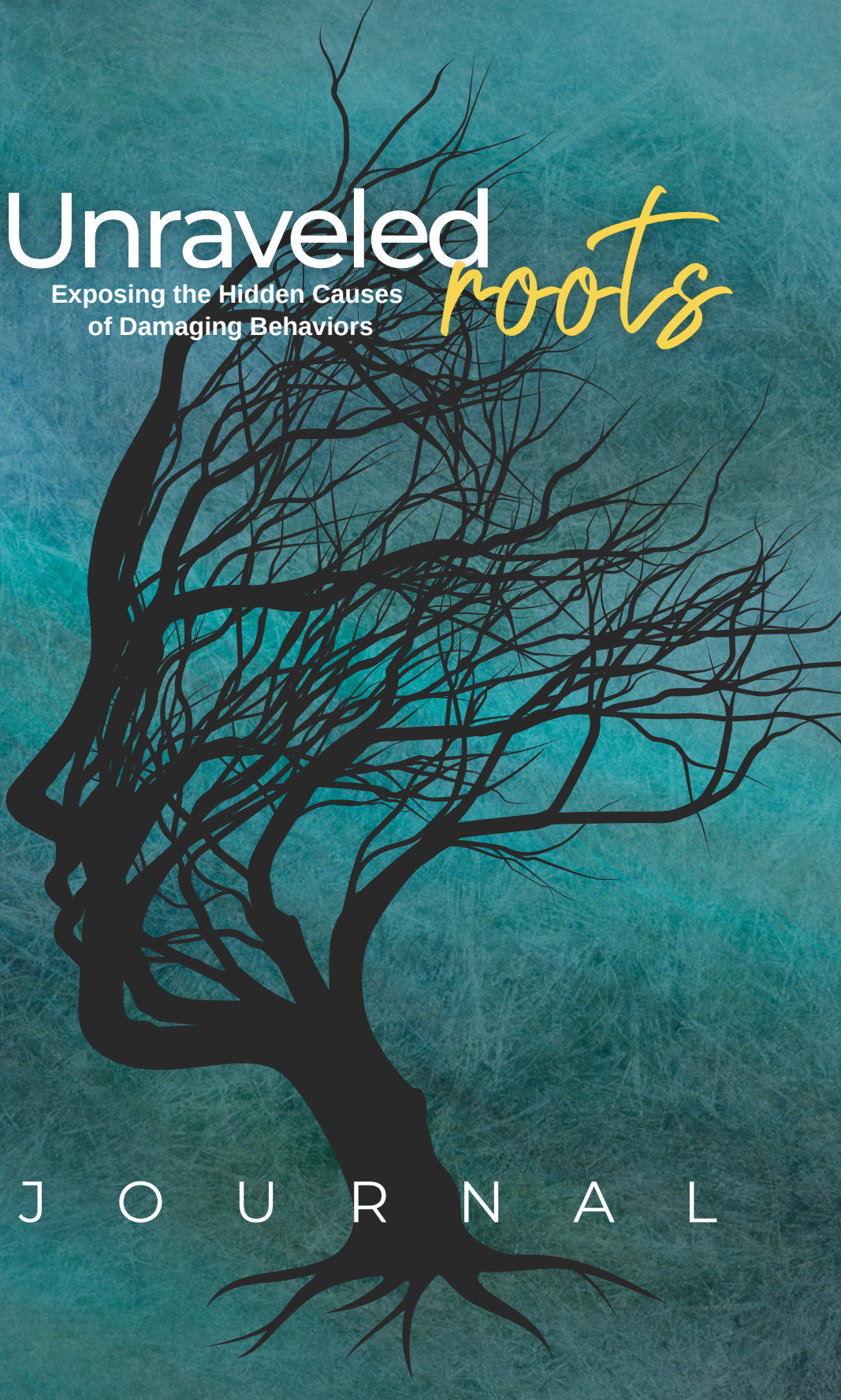
Unraveled *roots*

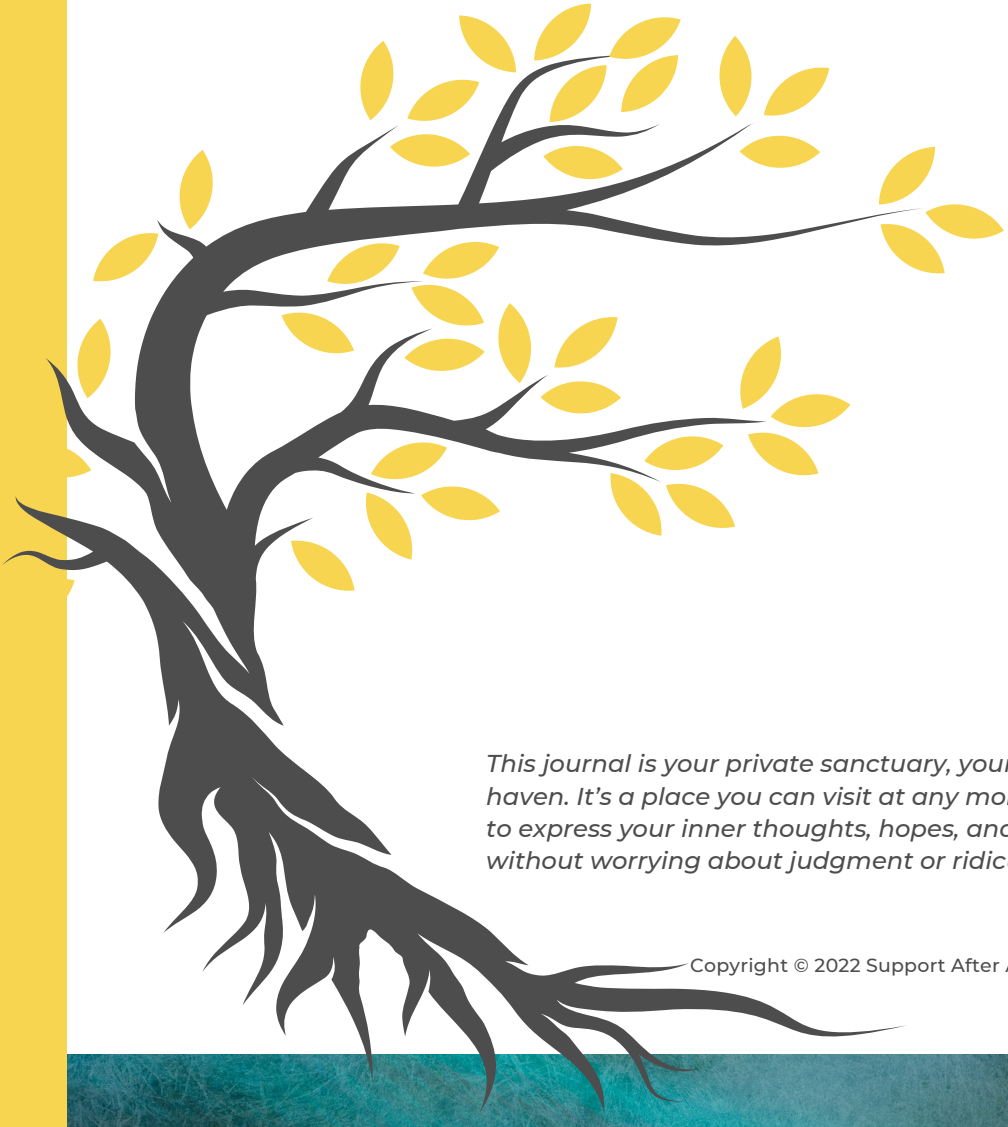
Exposing the Hidden Causes of Damaging Behaviors



J O U R N A L

Some wounds are so deeply buried beneath the surface that we don't even realize they are there. They lie dormant until something or someone pokes at the wound. And suddenly we're reliving an experience, a rejection, a season or difficulty so long ago that we may have forgotten it. Yet, the pain that unexpectedly rises to the surface is as real as if it had just occurred yesterday.

-Unraveled Roots



This journal is your private sanctuary, your safe haven. It's a place you can visit at any moment to express your inner thoughts, hopes, and fears without worrying about judgment or ridicule.

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As you move through this process...

Knowing that something is “off” in life is the first step in the process of change. Do you know that you are behaving in unhealthy ways? Do you want to make healthier choices? Then you are in the right place at the right time, but it won’t be easy. Walking out a new path, making different choices, is rarely safe or predictable. But nothing truly worth doing is without risk.

Have you ever noticed that we tend to cling to well-worn patterns, mindsets, or behaviors even if they cause us pain? There’s a strange sense of comfort in the familiar. Today is the day to rip off the Band-Aid and expose the wounds of life so you can clean them out and begin the healing process.

This journal is for you and you alone. Please take time to reflect on your journey. Write down your feelings and thoughts. Cry, get angry, forgive yourself and others, whatever this process looks like for you. It’s personal and it’s your story. You matter.

"I had an abortion at the age of 15. I carried the guilt and shame for 45 years before I attended a support group offered by Support After Abortion. My abortion was just a symptom of a deeper root. During the group, I was able to come to terms with my past and make healthier choices as a result." -Ashley

"In a Support After Abortion recovery group, I was reminded of my own troubled upbringing. Now I know we are not defined by our past, but our past does play a pivotal role in the decisions we make in our lives today." -Sheila

"I called the Support After Abortion HOPE Line out of desperation. I couldn't go on like this any longer. The pain was all consuming. A woman answered. She let me cry, and told me it was OK to feel. I just finished my healing group and cannot believe how different I am today compared to a few months ago." -Laurie

"I have been so focused on healing from the aftermath of my abortion that I neglected the trauma that came before it - the abandonment I felt. Unraveled Roots helped to put the pieces together as to why I even got to the point where I was facing the abortion decision in the first place." -Sarah

"I am currently in the middle of leading my first Unraveled Roots group. I'm amazed at the vulnerability and the moments of clarity that the group is receiving. This group has shown me that virtual groups can bring the same closeness among the participants and the level of healing as in-person groups." -Cherise

"A client shared that she has been clean and sober for over 20 years now. She was so focused on getting sober that she never really focused on how she became an addict in the first place. In talking with her, we both came to understand the root causes of our unhealthy behavior. We truly are not alone in our pain." -Jill

"I'm amazed at the vulnerability of the participants in the Unraveled Roots group that just ended. Even more so, was the insight the participants had that healing is a lifelong journey. It was awesome to witness them begin to identify the roots that are causing dysfunction in their lives." -Brandy

"A common thread keeps appearing in my current group. We all grew up in some sort of dysfunction. This played a major role in how we navigated life, we only know what we know." -Anne

The Root of Codependency

"Going through the Codependency group has been very eye opening. The roots go extremely deep and have led to tangled relationships. When I started working through my codependency, I became hyper-aware of my roots and how they've impacted me in a negative way and also many of my relationships." -Maria

"I learned so much through Unraveled Roots. I went into the codependency chapter thinking, "this chapter doesn't pertain to me" but found out that I need to take a codependency group." -Barbara

Reflection

“Healing is a journey. It is not without its trials, but with the help of the community I now have within my group through Support After Abortion, I am able to weather the storms that come. I am no longer alone and fumbling along in silence. Freedom happens when we share, when we ask for help." -Jayleen

Where do I *grow* from here?

Healing doesn't mean the damage never existed. It means the damage no longer controls our lives.

What are my next steps?

There *is* hope.
Change *is* possible.
Life *can be* different.

Call or Text our HOPE Line at
844-289-HOPE (4673)
www.supportafterabortion.com

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