

LIVING WITH ABUSE, WHY AWARENESS IS KEY

We have created the online Blueprint programmes because the first step in helping someone who is living with abuse is to raise their awareness.

Awareness of what? Awareness of themselves. Abuse is a subtle interplay of transfigured emotions, unexamined expectations, incongruent beliefs, unattainable wants, unmet needs and disparity of dreams.

Of course on the surface you see the effects of this and the temptation is to attempt change at this surface level. It is something you can work with and point to; the damage, the violence, the outer turmoil.

But this interplay of elements results in deep mental and emotional dysfunction from both people involved. This is not to shift responsibility away from the person displaying the abusive behaviour, nevertheless this is what it is at its core - mutual dysfunction. ***(More details on how this dysfunction develops in another blog)***

Any attempt to make changes without acknowledging this dysfunction will be surface level at best and increase the damage done at worse.

The person living abuse needs to understand themselves before they can understand the abusive situation and make sense of it. So many times we have worked with people who are living with abuse and they cannot reconcile their experience and gain some form of closure.

This is because although they 'know' about the abuse on an external level – who did what to whom – they are not aware of their part in it. So they ask us, Why me? What do I do? What did I not do? Why do I still love that person? How did I not see this? Why do I attract this type of person? Why did this person choose me to abuse? The list goes on, but you get the point.

So the first area we work with is the area of awareness. We work with them to build their awareness of who they are, what they believe, their values and the meaning they make of their lives. In one sense it's a re-boot of their inner sense of self. This is important on a number of levels.

They will very often have a very distorted and unhealthy view of themselves, brought about through the abuse they have been subject to. That needs to be rectified through awareness and inner work.

Like many people, they may never have given much thought to their inner workings and why they do what they do because of their beliefs, thoughts and emotions. This can leave them vulnerable to future abuse as they have not dealt with their 'story' and they may be drawn to another person to 'act out' with abuse again. Different person, same story.

To really gain closure, to be able to forgive, to move on, to grow and to thrive and avoid internalising the abuse in whatever form – needs guidance and support externally and awareness internally. There is no substitute for becoming aware of who you are.



So the online programmes have been developed to begin the process of awareness. They can be worked through and completed by the person themselves or they can be worked through along side a professional who can provide feedback and support. They are a vital first step and a firm foundation for future work if and when it's needed.

They are stand alone, and may be just the right level of support to gaining awareness and understanding a person needs. However there are further levels if more in depth work is needed.

We also have online programmes that allow professionals to work through awareness of both themselves and how they can support their clients more effectively through their journey to recovery. Especially as the modules have similarities to the personal programs, which gives the professional a 'language' which the people they support through the program will understand.

Recovery from abuse is a journey. It can vary in length and intensity according to the person involved and the situation they found themselves in. However, as the proverb goes, 'Every journey begins with a single step'

Our experience has shown, time and again, that helping clients to become more aware of themselves is the most effective and important step on their individual journey.

