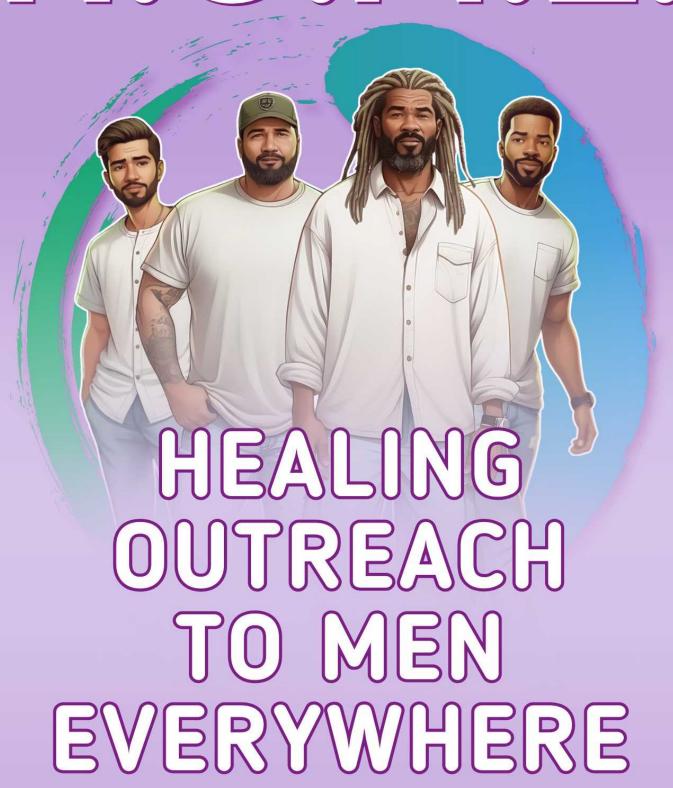
H.O.M.E.



An Invitation to Come HOME to Yourself After Trauma

ABOUTUST YOU

WELCOME TO WHAT WE HOPE WILL BE A POWERFUL NEW RESOURCE FOR YOU.

MenHealing is a grassroots, not-for-profit organization that is dedicated to providing hope and healing for men who are survivors of sexual harm, whether you experienced it as a child or as an adult. If you are a survivor of sexual harm, please know that you are part of a large community of men with this history. You are among 75,000 incarcerated men who have already had access to these materials.

Consider the pages that follow to be a guidebook to help you become stronger and healthier every day. Up until now, you may have felt that you are the only one who has had the painful experiences of harm, with nowhere to go for understanding yourself better.



The dedicated MenHealing team has understood for a long time that the men who suffer from sexual harm are usually UNSEEN! And we know that many men in your position don't understand how the experience of sexual harm may have caused or are causing significant problems in your lives.

We have been building a movement to change that. YOU are part of that movement.

We believe that physical location does not have to be a barrier to healing, so we are reaching out to you. You will find yourself in the chapters that follow—maybe everywhere, maybe in just a few places.

We have developed these materials with incarcerated men in mind. We know your resources are limited, but that doesn't have to stop you from healing.

We are giving you facts. We are giving you stories. We are giving you guidance on how to change your mind, your emotional reactions, and your body's responses to life circumstances. These techniques work as long as you put them into practice.



We want you to be a part of updating and improving the materials that we are providing. Your feedback is essential to us. You can find us at:

MenHealing

6033 South 1300 West Taylorsville, UT 84123 Contact@menhealing.org

^{**} Because we are a small organization we do not have the ability to respond to every suggestion or inquiry but be assured that we are listening!

THE BASICS

Part 1: Did You Know? | Part 2: Video: Did You Know?

Part 3: Is Posttraumatic Stress a Disorder or an Injury? | Part 4: Video: Reframing Trauma

Part 5: Video: A Survivor Speaks: Zeke Thomas

WHAT MATTERS Part 1: What is True and Not True

Part 1: What is True and Not True about Male Survivors of Sexual Harm?

Part 2: Video: My Story Matters: A message from a survivor

SEARCHING FOR THE REAL STORY

Part 1: How Small Children React to Sexual Harm?

Part 2: Can Sexual Harm Really Cause Problems in Adulthood?

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HOW DO I KNOW IF TRAUMA HAS AFFECTED MY LIFE?

Part 1: Introduction | Part 2: What is ACEs? | Part 3: Video: Richard's Story Part 4: What Happens as a Result of Childhood Trauma? | Part 5: ACEs Survey Questions Part 6: What to do Now: Exploring the Impact of your Childhood and Experimenting with Offering yourself some Needed Compassion

WHEN I THINK ABOUT HARMING MYSELF: REFLECTIONS ON SUICIDE

Part 1: Thoughts about Suicide

Part 2: An End to Suffering

Part 3: Questions to Ask Yourself and

Useful Ways to Answer Them

Part 4: Video - Emergency Stabilization:

Settling in the Body

Part 5: Keep Going!!

SKILLS FOR SURVIVAL (AND FOR JUST FEELING BETTER!)

Part 1: Introduction

Part 2: Grounding Techniques

Part 3: Mental Coping Skills

Part 4: Physical Coping Skills

Video: Yoga for Beginners

Part 5: Skills for Self-care

CHANGING YOUR MIND; MINDING YOUR BODY

Part 1: Thinking Traps 1-5
Part 2: Video: Breath
Awareness

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FINDING YOUR WAY OUT OF THE TRAPS

Part 1: Thinking Traps 6-8
Part 2: Video: Body Awareness Looking Out to Look In

Q

DISCOVERING THE PATHWAY TO FREEDOM

Part 1: Thinking Traps 11–15 | Part 2: Finding Your Way Through: Events lead to Thoughts, Feelings, Behavior, and Consequences | Part 3: A Worksheet to Make it Real

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GOING DEEPER, LEARNING MORE

Trauma Recovery Dictionary

(Don't know the meaning of a word? The words that appear in our dictionary have an * beside them so you can go to this section of the eBook and look them up.)

Wheel of Feelings | Emotional First Aid: Voices from Behind Bars | A Few Songs From Fellow Survivors | Reading Resource List | Organizations that Provide Services for Men who have Experienced Sexual Harm | Credits