

Abuse Recovery Workbook

1. Types of Abuse

- Physical, Emotional, Verbal, Financial, Sexual

2. Healing Strategies

- Set boundaries
- Speak with a licensed counselor
- Surround yourself with trusted people

3. Affirmations

- "I deserve safety and peace."
- "What happened to me is not my fault."

4. Exercises

- Write a letter to your younger self
- List 3 things you've done to survive

5. Help Lines

Nigeria Abuse Hotline: 0800 033 3333

Women's Rights NGO: 0812 345 6789