



## **Information for Adult Survivors**

If you are an adult survivor of child sexual abuse, you do not need to be alone. Specialized counselors and support groups can help you. Adults who have entered counseling to address abuse issues say that it was a hard decision to make, but one they recommend to others because of the support and success they experienced.

If you are an abuse survivor and a caregiver, the abuse of your child may have reawakened painful memories for you. Self-examination takes courage. Many are reluctant to let themselves become vulnerable to painful memories and emotions without a good reason. Dealing with past pain shows great concern for your child and for yourself. Do not let your child be the first to handle the tough issues! Do not ask your child to make the journey to recovery alone. To serve as a guide and an example for your child, you may need to take the journey yourself first.