CONTENTS

Foreword	xi
Introduction	xv
PART I: THE TRUTH OF YOUR INNOCENCE	
Chapter 1. You Are Not Alone Chapter 2. Sexual Abuse: What It Is and	3
What It's Not	17
Chapter 3. Reaching Out, Reaching In	37
Chapter 4. Hope for Recovery	47
PART II: YOUR JOURNEY TO RECOVERY	
Step 1. Facing the Truth	67
Step 2. Releasing Your Anger	87

viii	Contents
Step 3. Confronting with Facts and Feelings	107
Step 4. Resolving Your Relationships	129
Step 5. Self-Discovery	145
Step 6. Self-Care	157
Step 7. Forgiving Yourself	171
Conclusion: Recovery—What It Is and What It's Not	181
Appendix: To the Mates and Loved Ones of Survivors	197
Resources	203
Recommended Reading	207