

A photograph of a man and a woman embracing, with the man's arms around the woman. They are positioned in the foreground, looking towards a sunset over a body of water. The sky is filled with vibrant colors of orange, red, and purple. The overall mood is romantic and hopeful.

# 5 Keys to Creating a fulfilling Relationship with Your Partner

(Childhood Sexual Abuse)

 *Healing Wounds Together*  
Coz We can't do it Alone

 **BOOK**

# Welcome to Healing Wounds Together!

It's a complicated life for the partners of female survivors. You have chosen to not only deal with your own issues and life but you have also taken upon the responsibility for someone else's well being and healing.

I am in total awe of you. Your presence makes this world a better place.

I am grateful for you and your love and commitment and I want to help you make this process smoother.

I know sometimes, you probably don't understand why your partner is behaving a certain way and no matter what you do, there is no "right" answer.

## **Here is the good news!**

There are some key elements that if you take care of these, I can tell you that you will make great progress in creating a deeper connection as well as healing both of you together 😊

Here are the 5 key strategies that will help you set a foundation for your relationship with your partner.

Good luck and my blessings to you.

# Key#1 Accept and Commit

It's fair to say that females who have been sexually abused in their childhood will sometimes, behave differently and at times, probably won't know why. It's also fair to say that sometimes, you may have to practice patience and sometimes do things that may go against what you would desire in a given moment.

Acceptance and Commitment are the stepping stones if you were to continue your journey with your partner. I can promise you that it will be a very rewarding journey and you will be surprised by your own ecstasy when you experience your partner's sexual and emotional liberation. This will in turn create a connection that's fulfilling, promising and pleasurable.

The path to this reward though can be rough at times and these are the times where you would need to remember thus: why you love her? Why you are with her? And why her happiness is important to you?

I want you to think about this one carefully. The reason is that if you are not committed (wholeheartedly) but you keep on being in the relationship, she will feel this (remember she is hyper vigilant) and she may feel even more abused so decide and then do it!

If you decide not to continue then I honour you for your honesty and your stand for your own wellbeing. Not many partners will have the strength to do what you have just done.

But if you choose to accept & commit, read on...



# Key#2 Understand the impact of Trauma

What does it mean to have trauma? And how does that change people? I think these are very important questions to start with.


And here is some basic information for you.

Survival mode (fight/flight/freeze) kicks in when a child is being sexually abused. The brain, very quickly, needs to determine the most appropriate of the fight, flight or freeze responses. A child can fight (this is probably very rare); a child can freeze or numb (very likely); a child can flee (physically unlikely).

In this state of fight, flight or freeze, while the act of abuse is still going on, the emotional part of the brain starts to take a note of sensory signals. These include the internal body state as well as the external stimuli. What does the offender look like? What are they wearing? How are they moving? What do they want? Are they hostile? What's the setting or the place? What's going on within one's body? What's the body temperature, the blood flow, the state of the muscles? How's the offender feeling? How's the child feeling? Are there other people around?

All of these sensory and emotional signals are recorded and sent to various parts of the brain. The brain only connects the story as much as it can handle. As a result, a very interesting phenomena occurs.

The brain becomes super alert to note anything that may signal a danger. The amygdala is hyperactive so even minor changes in the environment may trigger a stress response. Long after the abuse has finished, if the experience is not integrated within the mind, the affected person may react to various situations as if they are being attacked.



Their trigger may present itself in many forms such as:

- ◆ Flashbacks
  - ◆ A complete shutdown (or numbness)
  - ◆ A sense that they are not there
  - ◆ Anger, panic, or anxiety attack
  - ◆ Emotional reaction of another kind
- And many more...

The biggest thing that is happening for her is that

## **SHE DON'T FEEL SAFE IN THE MOMENT**

When this happens, it is a very important thing for you to remember that

## **IT'S NOT ABOUT YOU**

If you understand this, you will not get triggered yourself and be able to be present with her. This is the key – not to turn away – but to be present. If you can make her feel safe again then this will go a long way in helping her heal.

When I felt like that, I asked my partner to just hold me (& not ask any questions). This action made me feel safe and usually I did calm down after a while.



# Key#3 Communicate, Allow and Listen

I am not sure if you have heard of Alison Armstrong. You could call her relationship Guru. It is her mission to bring men and women together in a partnership.


One of the things she talks about is the difference between men and women when it comes to communication. Men (generally) don't ask questions because this is their way of showing respect.

I can tell you that if you don't communicate with her, it WILL NOT work!!

There are a few key elements of this communication

- ◆ Your partner knows that she is complicated and in her heart, she is scared to death that you will leave her because she is too much hard work. It is important that you communicate your commitment to her in whatever shape of form that works for both of you.
- ◆ Social conditioning, role based expectations, and self-imposed pressures can make it really hard for a woman to say "no". It would be very valuable if you could have a conversation with her give her full permission to say "no" when she is not in agreement with what you guys are doing together. If saying no is difficult for her, you can work out another mechanism such as saying "red" or saying "stop".
- ◆ Ask her what makes them feel safe. If she doesn't know, may be you can explore with her on what it means for her to feel safe. This information is critical because when she is triggered, you can use this mechanism to bring her back to safety so that she can be with you again.





During my last relationship, I did get triggered from time to time during love-making. But my partner and I had already spoken about it and my request was for him to just hold me tight. No questions, no answers, just a simple gesture of support. And he did. This created a sense of safety for me and allowed me to feel my feelings and not go into a “freeze” mode. This was one of the most powerful things about our relationship.

Here’s the surprising fact – my partnership with him and his support for me created desires in me that I didn’t know that I had. I realised that I was a highly sexual being. This was a shock to me but one that I was pleased about. And this only happened because I was allowed to “be” and in that process I was able to explore my own sexuality and become my own.



# Key#4 Create Emotional/Sexual Safety

This is an area where your communication skills will come in really handy because if you understand her emotional state, you will be able to be present with her.

I'd like to make a confession here. Unfortunately, from the social conditioning we women feel that the need to "release" for a man is much stronger than a female. This may be true but what complicates the matter is that women believe that men would want that "release" more than they want the happiness and inclusion of their partner.

For females who are sexually abused, this doesn't bode well because this creates a state called "hyper vigilance" for females.


Here is what they are looking out for:

- ◆ Are you looking for a "release" for yourself?
- ◆ Is her pleasure important to you?
- ◆ Are you emotionally connected with her?
- ◆ Are you interested in spending enough time to prepare her body for a sexual encounter?
- ◆ Is she safe? Will you protect her? Can she trust you?
- ◆ Is she allowed to be herself? Or is she under pressure to say "yes"?

**In this state of hyper-vigilance, she is looking at you and evaluating whether she is safe with you**

When I was abused as a child, the touch always began as a harmless "touching of the hands" or something along these lines. A few things happened to me as a result:





I became extremely alert (hyper vigilant) to any kind of male touch. Touch was dangerous coz it may lead to abuse. And I became extremely sensitive to “why they want to have sex with me?”.

“What do they want?”

“Is it about them or me or both?”

### **You may be pulling your hair out and going – what the F\$%\$\$\$?**

Don't worry, there is a way to work through this and here are the steps:

- ◆ Before you engage in a sexual/intimate act – let her know that you are not after “any outcome” – you are just happy to be with her (she may not believe you at first and you may have to show her through your actions)
- ◆ Let her know that she can “STOP” at any moment with a pre-chosen word that both of you understand.
- ◆ Spend loads of time in foreplay. This is where you are pleasing her (and hopefully yourself) so let her have it and not expect anything from this process. From time to time – just do the foreplay and stop there (believe me, her jaws will drop)
- ◆ Before you engage in a sexual/intimate act, have a discussion with her around [consent and boundaries](#). Its especially important to have a conversation about what is okay and what is not okay during the sexual exchange.

With time and patience, she will learn that you are in this with her together and when that happens, she can start to let her sexuality flow freely, leaving you both to experience ecstatic intimacy 😊



# Key #5 Take Care of Your Needs too

You have been working hard for her. Have you given yourself any reprieve?

Have you acknowledged your needs? And have you found a healthy way to meet them?

And what do you do when you feel resentful? Have you found a way to express yourself and create a balance in your life?

For years, I sacrificed myself in order to serve others. At the end, it all became too much and I lashed out (which is so unlike me – I am generally the one in total control). And I learned a valuable lesson in all this: I own my needs and I am responsible for them

This was a great realisation. It gave me freedom. I didn't have to serve others at the expense of my own. All that required was a bit of awareness and communication.

**I am responsible for my own needs and meeting them in a healthy way.**

I Invite you to be self responsible and know how you can care for yourself and what you need from your partner. When you communicate clearly, you will make it possible for your partner to give it to you. Don't sell yourself short and don't sell her short. Even though, she has had a rough time, she has a responsibility towards the relationship as well.

Good luck!



# In the End...

Sometimes, you may feel like you are walking on egg shells. And you will make honest mistakes and that's all ok. Just admit it, say sorry and move on... If you hold on to these, she will too.

We are all unique and we all have our own way of healing and reclaiming ourselves. I have used my own experiences and experiences of those who I have worked with to create this ebook. I hope that you find it valuable and use it to create an amazing relationship with your partner

If you need help, I am here ☺

Good luck!

## Disclaimer:

I acknowledge that some of the content in this eBook can be challenging, if you have gone through any form of trauma or abuse. I strongly recommend that you seek professional support, should you find yourself distressed and unable to manage what has been brought up for you. If you are feeling suicidal or wishing to harm yourself or others in any way, please contact your nearest medical emergency services.

Please also note that I am not a therapist. I draw upon my experiences and years of research to help you take charge of your own healing. If you are looking for a therapist, please contact your local medical centre.