

Healing From The Trauma of Rape

The word "love" is often used for a variety of things, from romantic relationships to passionate feelings.

However, we will define "love" in the following manner: True Love is a sincere, unconditional Caring beyond any one individual. It is a concern for the health, safety, and well-being of another without any need for reciprocation or an expectation of return. It is giving unmotivated by lust for a reward or a fear of punishment. The only way to do this is to recognize the inherent value of each being involved, including oneself. Everyone is worthy of True Love, none excluded.

If everyone is worthy of True Love, how do we forget?

A Distortion of Values

Some experience situations so terrible that they no longer feel themselves worthy of Love, either in giving it or receiving it.

In so doing, they might push away the people who sincerely express Love towards them in order to prove to themselves that they are "unlovable", and accept abuses that they should not in order to convince themselves that they "deserve" it. Their concept of Love becomes completely distorted.

The difference between this distortion and True Love is vast, but can be hard to see when your discernment is clouded by your experiences. Fortunately, your sense of identity is not dependent upon what you have or have not experienced. Your identity exists within True Love.

What You Need To Know

By definition, rape is something forced upon someone. If it has happened to you, then you had no choice. Therefore, it could never be "your fault". Anyone who would try to shame you for such an experience is not clear on this definition. Never forget this when others may not understand, and through their misunderstanding call you a "slut", a "whore", or say that you are "damaged goods".

While you may feel "broken", you can be certain that there is a part of you that is incorruptibly aligned with True Love, and that True Love exists somewhere in your life right now if you choose to look for it hard enough, no matter how distant it may seem.

While you might not have chosen all of your circumstances, you can begin to choose all of your responses using True Love as a point of reference. So even if you are entangled in a lifestyle that seems to be destroying you at every turn, a single choice to do something different can begin to lead you out of it towards True Love.

The Power of Making Choices

You are not a "victim" or "powerless". Instead of shrinking back in fear from living your life, you can be empowered by True Love to make decisions which truly align you with health, safety, and well-being without compromise. It can become a source of endless internal strength.

Sometimes people who do not know of another's experience will speak carelessly or judge harshly by saying things that can be incredibly cruel (e.g.: "get over it", "you asked for it", etc.). Do not let these types of comments affect your decision of True Love moment-by-moment.

Sometimes well-meaning people will "blame the victim" by making suggestions of what you "could have" or "should have" done in order to keep yourself safe. Always remember that it is easy to comment on a situation from outside of it, while at the same time, someone might not see everything that they need to know when they are stuck inside of it. Try to be open to learning more about True Love wherever you might be.

The Processing of Pain

All people process pain differently. Some may "implode", attempting to find emotional release through self-harm. Others may "explode", crying for help through violence. However, only True Love can lead to a lasting peace through the full healing of one's pains. No matter how overwhelmed you might be by your own emotions within the moment, know that this kind of healing is possible.

One does not have to relive an experience in order to heal from it, and perpetuating a destructive situation by forcing it upon others only prolongs it. Do not let hatred towards self or others fester. Instead, let True Love guide you in finding the methods that will help you to process the pain effectively in the long-term, and not just a "quick fix" that is temporary in its effects.

Developing Discernment

When pain and pleasure become confused, the feedback we get from our bodies may not always be reliable. We might feel "disgusting" or guilty about ourselves and the desires we hold, unaware that they are actually arising from that confusion and not True Love.

We can begin to take personal responsibility for our own bodies and self-image through the understanding that pleasure could never come from abuse of any kind, no matter how subtle the form that abuse might take. Pleasure is intended to further True Love, not become a mask for pain.

Never Give Up, Never Give In

You do not have to earn True Love. You are already worthy of it. If it does not seem to be apparent right now, keep looking for it both within and without until it becomes clear. I promise that it will be one of the best decisions you will have ever made.

In True Love,
A Friend

