



Support Groups

Are you looking for trauma related support groups? Hope Recovery is offering both online and in-person support groups. In-person support groups are in Parke, Vermillion and Vigo Counties, Indiana. You can get more information and register by calling (765) 505-4233. As we are a volunteer run organization, please leave a message and your phone number where we can return your call. Alternately, you may contact us via email to the address on the back page.

Support groups and workshops currently being offered are:

Sexual Trauma 101 Workshop
 Coping with PTSD Group
 Trauma & Addiction Group
 Self-Care Workshop
 Creative Journaling Workshop
 Supportive Others Group
 Ongoing Trauma Group

We will be adding more to this list over the coming months such as:

Faith & Healing After Trauma
 Trauma related Grief & Loss
 Adult Survivors of Sexual Abuse
 Sexual Assault Prevention Workshop
 Coping with Community Violence
 PTSD & Coping for Professionals
 And more



Note About BoH:

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- This publication is designed as an information exchange for survivors of trauma and dissociative disorders and their supportive others and professionals. Neither its editor nor its lay-person contributors are engaged in the practice of medicine. This publication should not be construed as medical advice concerning any specific facts or circumstances. The contents are for general information purposes only. Please consult with competent professionals concerning your specific questions and needs.

Hobbies

Finding a way to have an outlet can be beneficial to survivors of trauma and those individuals and families being supportive. Hobbies are a great source of distraction, enable the ability to find something light and even fun to enjoy.

Let's take a look at a great number of hobbies and activities that we could try or might enjoy.

There are also benefits

to enjoying and participating in a hobby.

<http://www.positivelypresent.com/2013/06/benefits-of-having-a-hobby.html>

Here is a list of hobbies that is by far not a comprehensive list, but it is a list of ideas that might be tried to provide more distraction as well as interesting activities that may be found to be incredibly helpful.

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List of Hobbies

3D Puzzles	Collecting	Floral Arranging
Astronomy	Collecting Antiques	Football
Amateur Radio	Collecting Artwork	Four Wheeling
Animal Training	Collecting Coins	Freshwater Aquariums
Archery	Collecting Hats	Games
Art	Collecting Music	Gardening
Badminton	Collecting Sports Cards	Garage Sales
Baseball	Coloring	Genealogy
Basketball	Composing Music	Geocaching
Beachcombing	Computer Activities	Glow Sticks
Beadwork	Cooking	Golf
Bird Watching	Crafts	Guitar
Blogging	Crocheting	Gymnastics
Board Games	Cross-Stitch	Handwriting Analysis
Body Building	Crossword Puzzles	Herping
Bowling	Dancing	Hiking
Building Things	Darts	Home Repair
Butterfly Watching	Digital Photography	Horse Riding
Cake Decorating	Dodgeball	Hula Hooping
Calligraphy	Dolls	Ice Skating
Camping	Dominoes	Internet Searching
Candle Making	Drawing	Inventing
Canoeing	Ebaying	Jewelry Making
Cartooning	Educational Courses	Jigsaw Puzzles
Caving	Electronics	Journaling
Ceramics	Embroidery	Juggling
Cheerleading	Entertaining	Jump Roping
Chess	Exercise	Kayaking
Church Activities	Felting	Kites
Cloud Watching	Fishing	Knitting

List of Hobbies Continued

Knotting	Relaxing	Tennis
Lasers	Renting Movies	Tetris
Learning Languages	Rock Collecting	Texting
Learning Instruments	Roleplaying	Textile
Leather Crafting	Running	Toll Collecting
Legos	Saltwater Aquariums	Toy Collecting
Lacrosse	Sand Castle Building	Traveling
Macramé	Scrapbooking	Treasure Hunting
Martial Arts	Scuba Diving	Trekkie
Meditation	Sewing	Tutoring
Microscopy	Skiing	TV Watching
Metal Detecting	Shopping	Ultimate Frisbee
Model Rockets	Singing	Video Gaming
Model Ships	Skateboarding	Violin
Musical Instruments	Sketching	Volunteering
Nail Art	Sleeping	Walking
Needlepoint	Slingshots	Watching Sports
Origami	Snorkeling	Weightlifting
Painting	Snowboarding	Woodworking
Paintball	Soap Making	Wrestling
Papermache	Soccer	Writing
People Watching	Socializing	Writing Music
Photography	Spelunking	Writing Poetry
Pinochle	Stamp Collecting	Writing Songs
Playing Music	Storm Chasing	Yoga
Playing Sports	Story Telling	Zumba
Pottery	Surfing	Others you can think of
Puppetry	Surf Fishing	
Quilting	Swimming	
Reading	Taxidermy	

There are so many different hobbies to choose from, try one that you haven't tried before that sounds interesting.



Challenges

Some of my challenges are:

Forgiving me

Liking me

Accepting help without guilt

Allowing others close to me

Setting boundaries

Saying no instead of yes or maybe later

Relaxing and knowing it's okay to have some down time

Having good self-care such as resting enough, eating right, exercising and other things that help me to be healthy

Letting go and letting God take care of my worries and struggles

Spending time with God and praying for me, though it seems to be okay to pray for others

I have more, but this is enough for now.

We Shall See

Alone in the dark,
Struggling alone.
Afraid to reach out,
A fear of rejection.

Tentatively peeking out from inside,
Hoping to see some light.
Barely able to see beyond the darkness,
Yet there's a glimmer of light it seems.

A loving hand reaching into the darkness,
Afraid to grab ahold.
Hands can be tricky,
Appearing loving yet an change on a dime.

Perhaps my past defines my fear,
When hurt was all I knew.
I want to be free from this darkness,
Able to let someone else in.

That hand motions me forward,
I'm still afraid.
Do I take hold of that hand, or
stay alone in the dark.

Fear is strong,
But my need is stronger.
So I hold on to that hand,
But I can't move totally out.

Will they stay there?
Will they leave me?
We shall see.

Submitted by
Tina

Challenges...

Saying no

instead of yes or

maybe later.



Your Artwork Here!





Just for Fun

A R T W O R K C O L O R I N G G O S T W
 Z F D I S A B I L I T Y V O H H P I H O
 P W F S E L F E S T E E M P O O E Y U O
 O W N I C A B S V I C T O E B S N H A D
 A C T O R B G N I H T A E R B H O P E W
 T A G S O M G N O M E C H R E G N A E O
 W T L K C O A C T O N O T A T I O R A R
 R H A X H C S T O M O C O O K I N G B K
 I G M A E K U M I O L S G N I G N O L I
 T N E B T E R I N O O N H O S E A T E N
 I G M H I S V N O T N B R A E X M O I G
 N S O S N E I D O E E S O M M C E H N R
 G B R A G G V F Z X L C A Z A E S P G O
 M E I L C N O U S K I I N G M R E D N U
 A U E F B E R L A S N G N I S S E U G N
 N N S W A L I N L H E X E R C I S E N D
 T I C I O L I E K O S M I L N G A E I I
 R C A L C A S S T C S K A T I N G G K N
 E R A S E H A S F K C O P I N G I M L G
 S E A L S C A N N S Z S E I B B O H A T
 J O U R N A L I N G A S R E G G I R T F

Terms of Challenges, Coping & Hobbies

Affirmations

Anger

Artwork

Breathing

Coloring

Cooking

Crocheting

Disability

Exercise

Flashbacks

Grounding

Hope

Journaling

Loneliness

Longing

Memories

Mindfulness

Music

Photography

Self-Esteem

Shame

Skating

Skiing

Survivor

Talking

Triggers

Why

Woodworking

Writing

Finding Hope

I found myself alone with my thoughts. My friends weren't online, so I needed to find hope and help within me to get through. It wasn't easy, because my thoughts were about how bad I felt. I felt alone, sad, and depressed.

So I tried to remember what my therapist and I talked about. She had reminded me that I did have friends who cared about me and I really wasn't alone—I had God who loved me as well. Those were facts and she was right when I admitted it to myself.

Many times she reminded me that feelings weren't facts. The fact was that I was valuable. Facts were that these feelings were temporary and would pass because they had before. She reminded me that what I thought could help impact the behaviors I chose.

She was a big advocate of doing things that would help me focus on other things rather than negative thoughts. For example, I enjoy writing. She encouraged me to journal or to write cards to people I cared about. Even to those I didn't know such as those in a nursing home with no visitors. She encouraged me to go out of my home

to get some fresh air and sunshine. To take a short walk because it would release some endorphins that would help me feel better.

After thinking about these things, I decided to write this. It's a way to remind myself that maybe I can help someone else cope who is feeling alone and in pain. Just maybe, my experience will help someone else to know they aren't the only ones struggling.

So when I finish writing, I think I'd like to work on coloring I started. It is very soothing to color. I now have a collection of coloring books on different themes. Sometimes I can't focus very long, but other times I can do a longer session of coloring because I can get lost in it. The neat thing is that once I finished this picture, I can look online such as at coloringcas-

tle.com or pull out one of my book and get a new picture to work on.

Another thing I can do is create some jewelry. It is something I've done in the past when I've felt better, but it is also something I can focus on putting together. I can gift them out, or I can use them to make a little extra money, or even use some for myself.

At times I've logged onto a message forum I frequent, and I've decided to post encouragement to others feeling down. This too has allowed me to think of others even though I've been in pain emotionally. Personally, I've found that reaching out to others the best I can (even if only a sentence or two) has helped me through some very difficult times.

Submitted by
Anonymous

I wasn't alone. I had friends who cared about me. I had God.



STATEMENT OF FAITH

Psalm 147:3—He heals the broken hearted and binds up their wounds.

MISSION

The mission of Hope Recovery is to provide Christian-based supportive compassion in the lives of trauma survivors by assisting them in recovery, providing support, resources, committed volunteers, and standards of excellence.

VISION

Hope Recovery aspires to provide excellence in service and support while assisting trauma survivors in achieving their recovery goals.

Hope Recovery Inc.

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If you're feeling **suicidal**, please contact 800-SUICIDE or if outside the US, go to www.befrienders.org

If you are being **abused**, experiencing incest or rape, please contact RAINN at 800-656-HOPE. RAINN provides links to international agencies.

If you are in a **violent relationship**, call 800-799-SAFE. For international contacts, go to www.hotpeachpages.net/a/index.html

Online Secular Support message boards are available at www.7cups.com/1259571

We're on the Web

www.hope4christianrecovery.org

Subscribing to Bridge of Hope

Fees:

Free to Survivors.

Donations from supporters and professionals is requested to cover the costs of the website..

Donations may be sent to our PO Box, or online via PayPal.

**You Are
Not Alone!**



When all seems like a struggle, there is hope.