

CREATING SAFE SUPPORTED SPACES

Sharon Dalari
Writer and Speaker

Reframing/ReWording the Trauma
Discourse



KONSCIOUS UNAPOLOGETIC NITID THOUGHTS

NITID.....

English [\[edit \]](#)

Etymology [\[edit \]](#)

From [Latin](#) *nitidus*.

Adjective [\[edit \]](#)

nitid (*comparative* **more nitid**, *superlative* **most nitid**)

1. Bright; lustrous; shining. [\[synonym ▲ \]](#) [\[quotations ▼ \]](#)

Synonym: (*obsolete, rare*) nitty

2. (*obsolete, of a person*) Festively or smartly dressed; spruce; fine. [\[quotations ▼ \]](#)

My Konscious unapologetic Nitid Thoughts:

WERE ALTERED AS A RESULT OF MY CHILDHOOD
SEXUAL ABUSE.

IN MIND BODY SPIRIT

I WAS LIVING

UNKONSCIOUS TO MY NEEDS/WANTS

APOLOGETIC FOR HAVING NEEDS/WANTS

DULL IN BOUTS OF DEEP DEPRESSION

CYCLING **THOUGHTS** OF SELF HARM UNTIL...

I BECAME AWARE OF MY OWN K.U.N,†

My history of sexual abuse from childhood into adulthood trapped me in a box of shame. Once I was able to step inside of my shame, I was able to see my abuses...internally and externally driven.

My journey through MY SHAME and MY ABUSE brought me to a journey of MY VALUE.

Finding safe places to process my trauma was challenging. Often times I found myself retraumatized as many of my therapists worked out their trauma during my sessions.

I believe Peer Facilitation removes this form of re-traumatization BY providing EVERYONE a safe space to be transparent without SHAME, INCLUDING THE FACILITATOR.

I believe that Peer Facilitation and Peer-Led Recovery increases participant trust and hope of recovery during the healing process.

I work on the assumption that each person is an expert on themselves.

K.U.N,t- I experienced the need for long-term SUPPORT when most community programs are time-limited.

K.U.N,t- I experienced that the presence of co-morbidities are common among folks who experience childhood sexual abuse.

K.U.N,t - I experienced that folks with co-morbidities are often excluded from community programs because of rigid eligibility criteria.

K.U.N.t - I experienced that folks are not included in the development and design of trauma programs.

EXPLORATION OF THOUGHTS
AND FEELINGS

CONNECTING THOUGHTS AND FEELINGS
HELPED

ME UNDERSTAND THE TRIGGERS
OF ABUSE AS THEY APPEAR...

THEY ALWAYS APPEAR!

I SHARE MY CYCLE OF ESCAPIISM
THROUGH SELF-DEVALUING
COPING MECHANISMS AND THEIR
DEVASTATING OUTCOMES



- MY VALUE MARKED BY ANYTHING SEXUAL
- UNREGULATED AND UNMANAGED EMOTIONS
- CONSTANT FLASHBACKS CAUSING CONFUSION
- RECURRING NIGHTMARES CAUSING ME TO WAKE IN SCREAMS AND DRENCHED IN FEAR
- INABILITY TO FORM A SAFE RELATIONSHIP OF ANY KIND...EVEN WITH MY CHILD
- A HATE FOR MY BODY
- A HATE FOR MY MIND
- A HATE FOR MY SPIRIT

- SUBSTANCE USE
- FORM 1's AT THE HOSPITAL
- HOMELESSNESS
- SUICIDE AND SUICIDAL IDEATION
- DISORDERED EATING
- BLINDING NEED FOR CONTROL
- PERFECTIONISM

WE SHARE OUR STORIES AND TOOLS...

WE HEAR, SEE AND FEEL A
DIFFERENT TYPE OF
VALUE WITH-IN...



BODY MIND SPIRIT

MY PRACTICE OF SELF-VALUE IS DAILY.
JUST AS MY PRACTICE OF SELF-HARM
WAS!

THESE TOOLS THAT I USED TO PROCESS
MY CHILDHOOD SEXUAL ABUSE
CONNECTED MY BODY, MIND AND SPIRIT
TO THE PRESENT MOMENT...WHILE I
PROCESSED MY PAST MOMENTS.

I ACCESSED BODY, MIND AND SPIRIT THROUGH

- MIRROR WORK
- JOURNALLING
- MANDALA COLOURING
- VISION BOARDS
- FIRE CEREMONIES
- NATURE CEREMONIES
- WATER CEREMONIES

FOR :

ALL WHO DESIRE TO SHARE
AND HEAL
THEIR MANY DEVASTATING OUTCOMES
AND
MANY FORMS OF ABUSE

Warmly,



KONSCIOUS UNAPOLOGETIC NITID THOUGHTS