

the time required to really heal. The speed of the recovery is dependent on many factors, including the degree of abuse you suffered, the length of time you suffered it and, most importantly, your mindset at the

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time you broke away from it, and your mindset now. The more determination and fearlessness you show in breaking away from your past, the sooner it will happen, and the sooner you will be healed. Attitude is everything. And your attitude will, in large part, determine the rate and degree of success you will have.

The Survival Phase

In the initial stages of healing, fear will be your biggest adversary. You may fear what he might do to you, fear not being able to make it by yourself, fear the possibility of failure and having to go back, fear the unknowns, and even fear your own fear. However, all these types of fear, and many other ones, can be strong motivators. If handled correctly, they will ensure that you will make it through this period, regardless of how uncertain you may be in the beginning.

Your fear will help you make important adjustments to your life. You will become more cautious, you will not take things for granted, and you will try diligently at each turn. Luckily, these very reactions to the fear you are feeling will be the actions that create success for you in the end. Don't suppress your fearful feelings. Examine them carefully and make wise plans.

The foremost concern is to protect your physical safety and that of your family . . . at all costs. If you are fearful for your life or your safety, take immediate action to secure yourself in this area. Nothing is more important – not your job, not your home, not your car, not money. Let your fear guide you in the beginning, and allow it to protect you too.