

WE AS **One**

Survivor Toolkit

Created by Leanne Jennings
Survivor, Mother, Creative Strategist

weasone.co.uk

This guide has been created by Leanne, co-founder of We As One

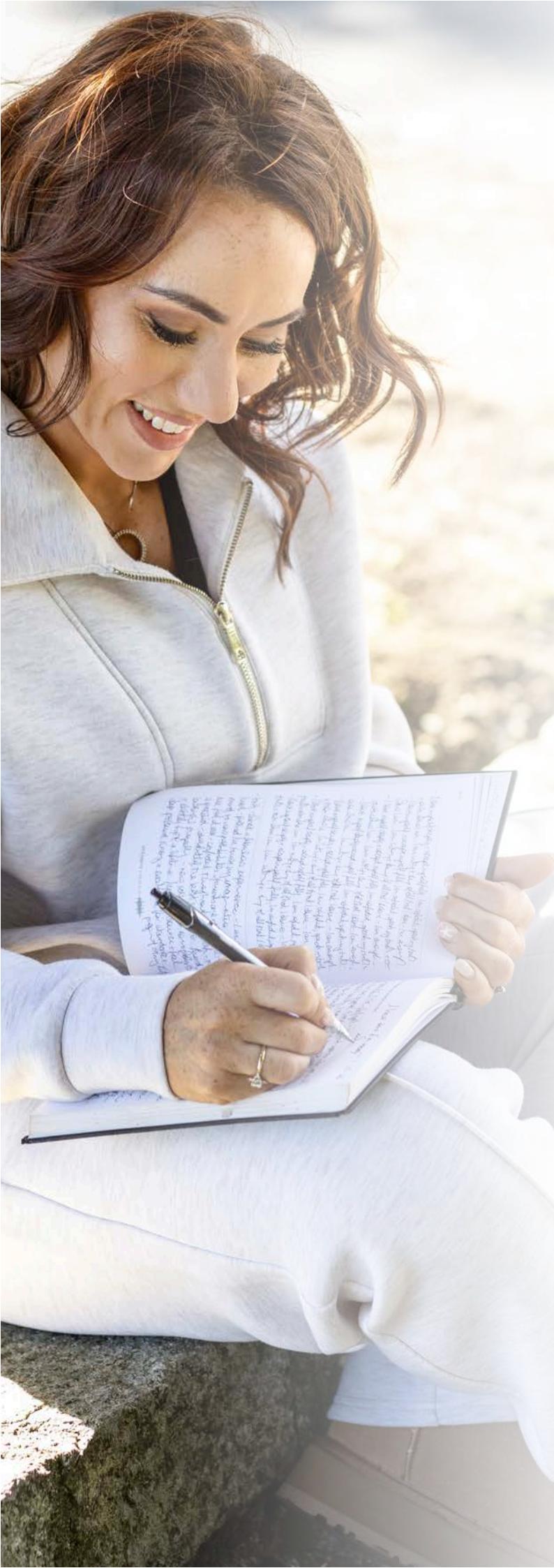
A survivor of complex childhood sexual abuse. After decades of silence and internal struggle, she began a journey of deep healing, one rooted in courage, connection and hope.

This resource is part of that journey. A survivor-led pathway to healing, health, hope and happiness. A practical, compassionate guide for those just beginning, those deep in the process, or those ready to speak.

We created what we needed, the support we never had, the words we longed to hear, the path we searched for in the dark.

Healing is not about protecting the pain, it's about reclaiming your body, your mind, your voice, your life.

**You are not alone.
We see you.
We support you.**



01

You Deserve to Heal

If you have experienced sexual abuse or violence, you may carry pain, shame, confusion or fear. You may have been told to stay quiet, to get over it, to forget.

But healing doesn't happen in silence.

It begins with permission — permission to care for yourself, to feel what you feel, and to heal on your own terms.

This guide is not a prescription. It is an offering. A companion. A place to begin.

You deserve to heal, slowly, loudly, quietly, imperfectly.

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02

Just a Lil Whisper – Speaking Your Truth Gently

Sometimes, the first step is not a scream.
Not a full story. Not a confrontation.

Sometimes, it's a whisper.

A lil whisper could be:

1. A journal entry
2. A few words to someone safe
3. A message to yourself
4. An anonymous share through our site

Even the quietest truth matters. Speaking helps break the grip of shame. Silence protects the harm, not the person. Your voice is power.

Your words can:

- Begin your healing
- Lighten the weight you carry
- Create space for others to speak
- Shift the narrative from shame to strength

When one voice whispers, another finds the courage to speak.

Why Break the Silence?

Because silence protects nothing but harm.
Because secrets steal joy. Because trauma buried is trauma passed on.

"We speak not to relive the past, but to reclaim the future." "We speak because silence is too high a price to pay."

How to Share Safely:

- Choose someone safe, a friend, therapist, support group, or us
- Set boundaries, say only what you want, when you want
- Know your reason, sharing should serve you
- Plan support after, rest, journaling, grounding, nature

You don't need to tell it all. Even one sentence is enough.

5 Practical Tips Before Sharing:

1. Know your reason, your healing matters more than their reaction.
2. Choose your listener, someone who listens without judgment.
3. Set boundaries, you can stop or pause at any time.
4. Plan for after, grounding tools, nature, music, rest.
5. Honour it, speaking your truth is sacred. Let it be met with care

03



Healing Mind and Body Reconnection Matters

Trauma disconnects. It separates mind from body, self from self. Healing is the journey back to wholeness. We cannot think our way out of trauma. We must feel and release it too.

This part of the guide offers ways to gently reconnect and reclaim safety in both mind and body.

For the Mind:

- 1. Journal** — release looping thoughts onto the page
- 2. Mantras** — e.g. "I am safe now," "This too shall pass"
- 3. Guided meditations** — try apps like Headspace or Insight Timer
- 4. Positive Affirmations** — These are simple words to hold onto, especially when shame or self-doubt rise.
 - I am allowed to speak my truth.
 - I am allowed to take my time.
 - I am allowed to live fully, even while I am still healing.
 - I am allowed to feel joy.
 - I do not have to carry shame that was never mine.
 - I do not owe my story to anyone.
 - I am allowed rest.
 - I am worthy of love and care, exactly as I am today.
- 5. Visualisation** — imagine a safe place or version of your future self





For the Body:



- 1. Nature** — walks in forests, by rivers, open air, on the beach or mountains
- 2. Movement** — gentle stretching, yoga, dancing in your kitchen
- 3. Touch** — baths, soft fabrics, weighted blankets
- 4. Breath** —
 - Box breathing (4 in, 4 hold, 4 out, 4 hold)
 - Long exhales (in 4, out 6)
 - Lay on the ground and feel your breath rise and fall
- 5. Eat and rest** — nourishment matters

This is not about doing everything, it's about finding one thing that helps you feel a little more like yourself.

Your body is not your enemy. It carried you through. It deserves peace.



04

Self-Care, Grounding & Support

You do not have to earn rest.

You are allowed to:

- Say no
- Cancel plans
- Ask for help
- Sit in silence
- Laugh again

Journaling & Gratitude

Journaling can help organise your thoughts, release emotions, and process your experience at your own pace.

Try prompts like:

- "Today, I feel..."
- "Something I wish someone understood is..."
- "Right now, what I need most is..."
- "One thing I did well today was..."

Daily gratitude writing is another gentle practice that can shift your perspective over time. Write down:

- Three things you're grateful for
- One thing you're looking forward to

Even on hard days, this practice reminds your brain to notice safety, joy, or beauty, however small.



Leanne's Daily Practices – My Top Tip

Healing isn't one big action, it's small steps repeated with care. These are a few daily things that help me stay grounded:

- A short morning meditation (even 5 mins)
- Writing my daily gratitudes
- A walk in nature, ideally by water or in the trees
- Breathing exercises like box breathing or gentle long exhales

These little anchors help me reconnect to myself, my body, and the present moment.

When Times Feel Tough – What Helps Me

There are days when everything feels too much. On those days, this is what I do:

- Go to my safe space in the house, a chair with soft light, a warm blanket, and a journal
- Play gentle music, something calming with no words
- Take a walk in the forest, even just for 10 minutes
- Sometimes it's not about feeling better, it's just about feeling safe enough. And that's a win too.
- Words to return to:

"I am enough."

"I survived."

"I am healing in my own way."

"I am worthy and deserving."

"I am loved, loving and lovable."

"I am happy, healthy and full of love."

"I am safe."

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05

A Message of Hope – From Leanne

This is a guide to reclaiming your life. To living more fully. To rediscovering joy, connection, safety and strength – even after trauma.

For most of my life, I didn't believe that was possible. I buried the pain, stayed silent, and tried to outrun it with success. But healing began the day I chose to speak, even just a little. And everything changed from there.

Speaking didn't erase the past. But it gave me power back. It helped me reconnect with my body, find my voice, and feel free.

Today, I live with purpose. I love fully. I parent differently. I show up for myself.

And I want that for you, too.



You are worthy of healing. You are worthy of happiness. You are allowed to begin again.

Let this be your whisper. Let this be your beginning.

We see you. We support you. We're walking with you.

When Family or Friends Don't Understand:

Not everyone will know how to respond to your truth. Sometimes family or friends don't believe, can't understand, or aren't ready to face what happened and that can hurt deeply.

But their reaction does not define your reality. Your truth is still valid. Your healing still matters.

You don't need their permission to heal. And you're not alone.

If someone doesn't understand:

- Speak with those who do, therapists, support groups, chosen family
- Hold your boundaries, protect your peace
- Write it out – say what you wish they could hear, even if just for yourself
- Focus on your own healing, this path is for you

We believe you.
We see you.
And we're here.

**You are not broken.
You are becoming.**

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Available Now:
Submit your lil whisper
anonymously:
[weasone.org/
lilwhisper](http://weasone.org/lilwhisper)

Get Involved

We As One is live. The community is growing. And the movement has already begun.

Available Now:

Submit your lil whisper anonymously:

www.weasone.org/lilwhisper

New Community Coming Soon:

- Private online survivor community
- Trauma-informed resources
- Meditations and healing sessions
- Storytelling and group support

We created this for you because we wish it had existed for us.

www.weasone.org/community

Together, we are breaking silence, reclaiming joy and protecting the next generation.

About We As One

We As One is a survivor-led movement dedicated to breaking the silence around sexual abuse and violence, protecting the next generation, and empowering every survivor to heal and reclaim their voice.

Through storytelling, education, prevention resources and community support, We As One creates spaces where survivors and allies can connect, learn and lead change together.

**We believe in your voice.
Your healing.
Your future.**

**We are not broken.
We are becoming.**

**With love, Leanne
& the We As One Team**



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