



*Safe, Sacred and Sovereign*

SEXUAL ASSAULT  
**Lived Way**  
-WORKBOOK-

Trauma Healing Focused Education for Survivors & Peers

**Washington State Native American  
Coalition Against Domestic Violence  
& Sexual Assault**





*Safe, Sacred, and Sovereign*

SEXUAL ASSAULT  
**Lived Way**  
-WORKBOOK-

Trauma Healing Focused Education for Survivors & Peers

Washington State Native American Coalition  
Against Domestic Violence & Sexual Assault



526 N. 5th Avenue ● Sequim, WA 98382

(360) 681-3701

[WomenSpirit.net](http://WomenSpirit.net)

Dee Koester, M.S.

Anna Mayes, M.A.Ed.

©

Copyright © 2023

All rights reserved. This publication or any portion thereof may not be reproduced, transmitted, transcribed, stored in a retrieval system, or translated into any language in any form by any means without the written permission of WomenSpirit Coalition.

# TABLE OF CONTENTS



OUR LIVED WAY ..... 01

BALANCE ..... 02

- \* Understanding Balance
- \* Mental Balance
- \* Spiritual Balance
- \* Social Balance
- \* Physical Balance
- \* Empowerment Plan

A GOOD MIND ..... 09

- \* Circle of Life
- \* Trust and Autonomy
- \* Initiative, Industry, and Identity
- \* Intimacy and Contribution
- \* Knowledge and Integrity

A GOOD WAY ..... 19

- \* Mind, Body, Spirit
- \* Self-Determination
- \* Sovereignty



## Who We Are

**WomenSpirit** envisions a nation where Native women are treated with honor and respect, where she is protected under the law and her personal sovereignty is never compromised.

**WomenSpirit** is the official Department of Justice and Office on Violence Against Women Tribal Coalition. We serve the needs of tribal programs and provide direct services to those victims that tribal programs do not/cannot serve through its program areas.

**WomenSpirit** is the subject matter expert on matters related to ending violence against AI/AN women and their families. We provide assessment and evaluation of Tribes/Tribal programs relating to domestic violence, sexual assault, stalking, dating violence, and sex trafficking.

*Reach Out to Us*

**WomenSpirit Coalition**

526 N. 5th Avenue  
Sequim, WA 98382  
(360) 681-3701

# OUR LIVED WAY

This workbook is for you, the person who is ready to change, grow, and heal. The one that believes there is still light, be it just a flicker, in the darkest, deepest, caverns of their soul. **We celebrate your strength and resilience!**

We put this together with you in mind, the person whose story includes being sexually assaulted. It takes courage and honesty to deeply reflect and do the work to discover who you are and why you are here. **We support your liberation and empowerment!**

We offer a way to understand and address the imbalances and disharmony caused by the soul wound of sexual violence. We will explore what it means to live with balance, with a good mind, and in a good way. **We engage your imagination and intuition!**

Remember, when we heal our personal soul wounds, we release the negative energy of the violence and injustice we have internalized. We are not what happened. We are empowered to choose, voice, and live who we are.

We are safe, sacred, and sovereign in our lived way.



# BALANCE

In Indigenous ways of knowing we know that becoming whole means to be in balance mentally, emotionally, physically, and spiritually. In tribal languages when we translate the word 'heal,' most often it means "to feel good." Healing is a personal cleansing of things that no longer serve us in a good way.

Native Wellness Institute.

## Some Ways to Think About Balance

**Mental Balance** - making time to relax, finding joy and fulfillment in activities, maintaining a support system, practicing mindful consumption, staying present in the moment.

**Spiritual Balance**- having a sense of purpose and meaning in your life, practicing tradition & ceremony, maintaining a connection to Creator & ancestors.

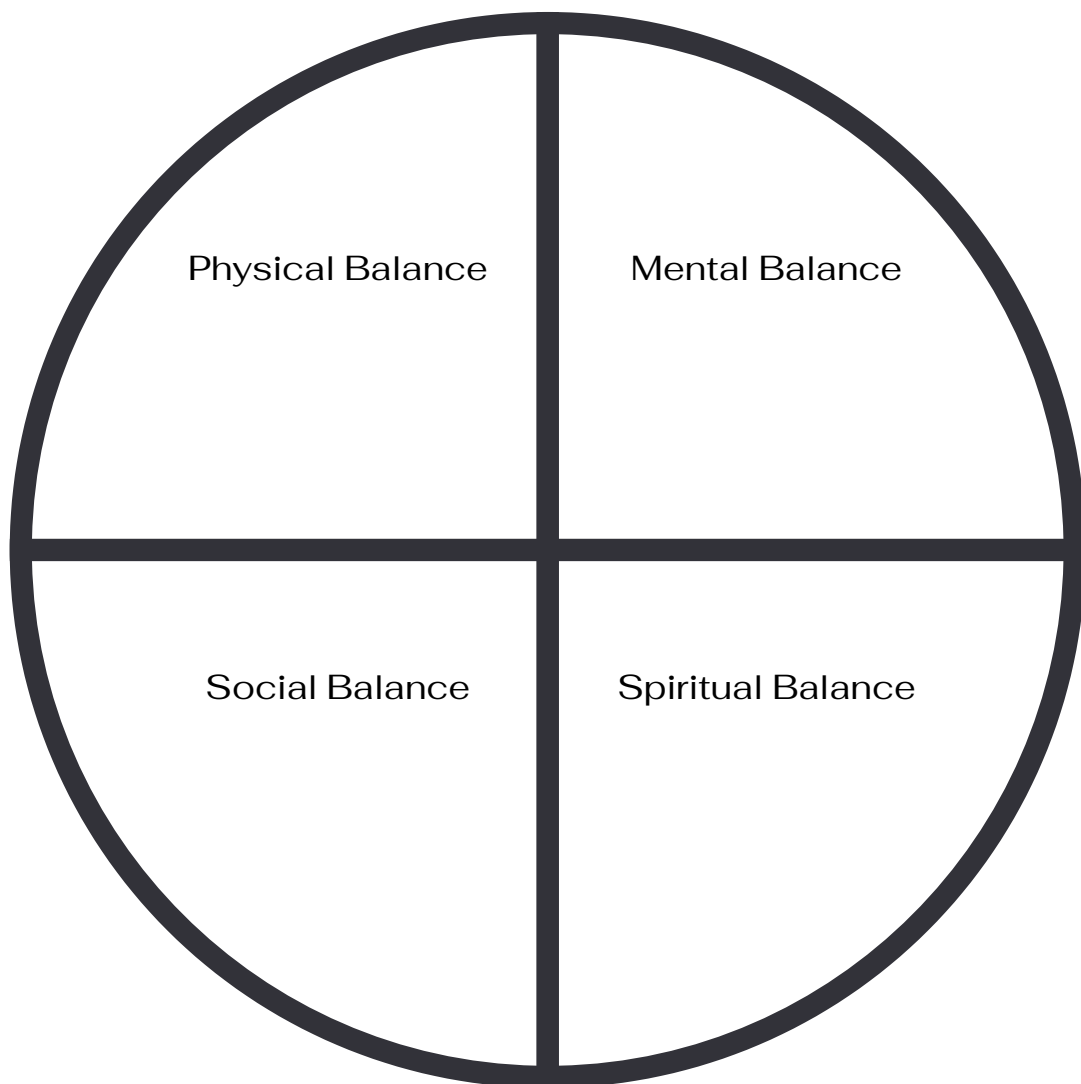
**Social Balance** - building strong and supportive relationships with family and community, attending communal gatherings & events, setting healthy boundaries, making your contribution.

**Physical Balance** - getting enough sleep, eating a healthy and balanced diet, getting regular exercise, seeing a healthcare provider when needed.



# UNDERSTANDING BALANCE

One way to understand balance is to rate or rank our feelings. On a scale of 1 to 10, with **10 representing balance and 1 imbalance**, how would you say you are feeling today about your mental, spiritual, social, and physical aspects of life? Place your number in the sacred wheel under each one.



# MENTAL BALANCE

Now empower yourself. Most sexual assault survivors know what's best for them and have an intuitive sense about how to heal or grow. Answer the questions below to get very specific and clear about what would be happening if various aspects of your mental life changed by a certain percentage or ranking.

Why that number for today?

What is happening in your life when it is higher?

What would be a **realistic step** to move up the scale in the upcoming month?

What would need to happen for you to move up?

What strengths and skills do you have to help you move up the scale?

What have you learned about yourself from answering these questions?



# SPIRITUAL BALANCE

Now empower yourself. Most sexual assault survivors know what's best for them and have an intuitive sense about how to heal or grow. Answer the questions below to get very specific and clear about what would be happening if various aspects of your spiritual life changed by a certain percentage or ranking.

Why that number for today?

What is happening in your life when it is higher?

What would be a **realistic step** to move up the scale in the upcoming month?

What would need to happen for you to move up?

What strengths and skills do you have to help you move up the scale?

What have you learned about yourself from answering these questions?

# SOCIAL BALANCE

Now empower yourself. Most sexual assault survivors know what's best for them and have an intuitive sense about how to heal or grow. Answer the questions below to get very specific and clear about what would be happening if various aspects of your social life changed by a certain percentage or ranking.

Why that number for today?

What is happening in your life when it is higher?

What would be a **realistic step** to move up the scale in the upcoming month?

What would need to happen for you to move up?

What strengths and skills do you have to help you move up the scale?

What have you learned about yourself from answering these questions?

# PHYSICAL BALANCE

Now empower yourself. Most sexual assault survivors know what's best for them and have an intuitive sense about how to heal or grow. Answer the questions below to get very specific and clear about what would be happening if various aspects of your physical life changed by a certain percentage or ranking.

Why that number for today?

What is happening in your life when it is higher?

What would be a **realistic step** to move up the scale in the upcoming month?

What would need to happen for you to move up?

What strengths and skills do you have to help you move up the scale?

What have you learned about yourself from answering these questions?

# EMPOWERMENT PLAN

Create your empowerment plan for the next 30 days. Use your responses from the previous worksheets.

- Choose one realistic step to focus on (mental, spiritual, social, or physical).
- Chart it in week one. Meditate and pray.
- Follow your intuition. Use your strengths and skills.
- Locate the resources or support you need to achieve the step.
- Review what would need to happen to move your rating up. These are the actions you will take. Plot them in weeks 2-4.
- Repeat the process for each aspect of life.

Week	Mental	Spiritual	Social	Physical
1		3 to 5		
2		<i>Join women's Sunday sweat.</i>		
3		<i>Volunteer in Elders kitchen.</i>		
4		<i>Go to clam dig with mom</i>		

# A GOOD MIND

We called this knowledge “teachings.” These teachings were given to us by the Creator and by nature. They have been passed down for generations by our tribal Elders. We learned that these teachings were meant to guide our thinking. Sometimes we call these teachings and this knowledge the “Good Mind.”

White Bison

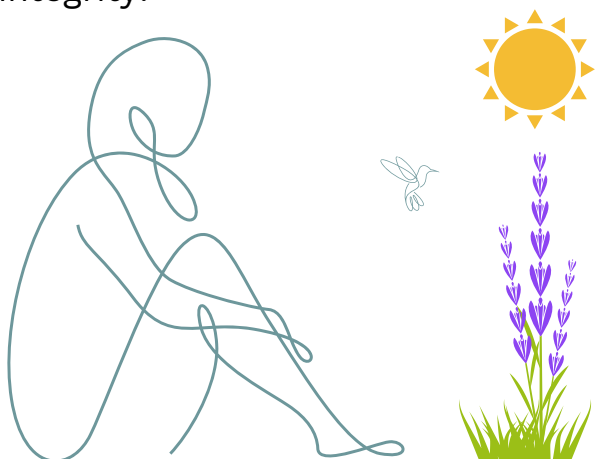
## Circle of Life ‘Good Mind’ Development

**Baby** - Begin again. Experiencing gratitude and generosity. Developing spiritual life connection. **Stage Milestone:** Trust and autonomy.

**Youth** - Enjoy the breath of life. Learning honesty and courage. Developing mental life connection. **Stage Milestone:** Initiative, Industry, and Identity.

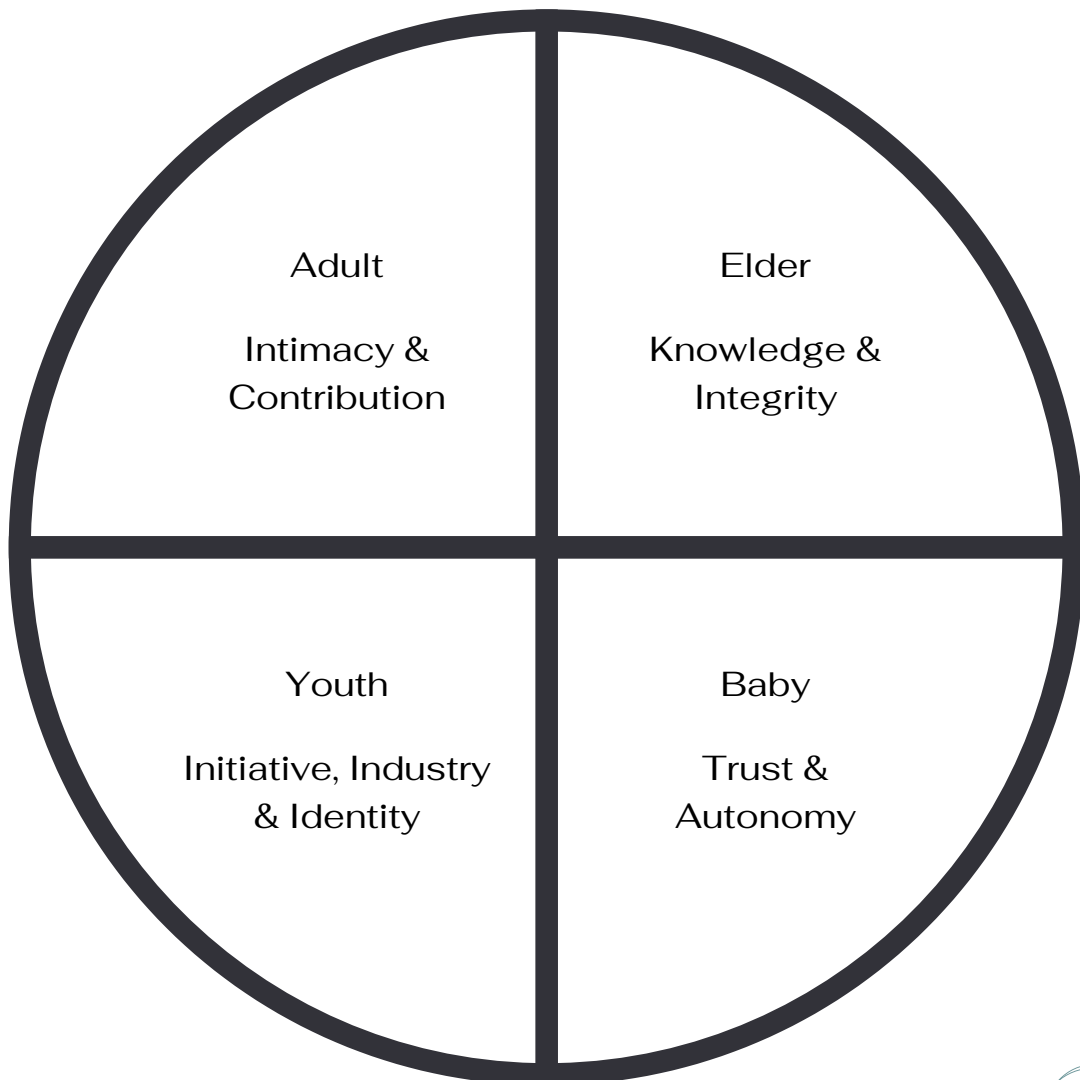
**Adult** - Use healing powers. Practicing compassion and empathy. Developing social/emotional life connection. **Stage Milestone:** Intimacy and contribution.

**Elder** - Understand Earth medicine. Teaching humility and respect. Developing physical life connection. **Stage Milestone:** Knowledge and integrity.



# CIRCLE OF LIFE

Indigenous people understand the four aspects of life (mental, spiritual, social, and physical) and their interconnectedness to the cycles of their human development (baby, youth, adult, and elder). We learn how to use them and teach them to our children. Using your rating scale (**10 representing balance and 1 imbalance**), gauge how you are feeling about your 'Good Mind' development.



# TRUST & AUTONOMY

A common belief in mainstream society is that once we reach adulthood, much of what we do comes from our own original ideas. This 'Big Lie' is so subtle that many sexual assault survivors don't deny that childhood experiences and other people have influenced their behavior, but resist believing, on a very deep level, that the culmination of this influence has created a Belief System (B.S.) that is now their own.

Many sexual assault survivors have developed ways to automatically react to life's changes and cycles. These ways can look like shutting down, self-harm, anxiety, and anger if what or who they are interacting with is perceived as threatening instead of a lesson or imbalance.

What's at work in these different reactions is the way each of us views change based on our "conditioning" –a learned response. A simple way to think about conditioning is the residual energies of past experiences, including the stored negative emotions and learned responses of trauma.

Letting go of things that do not serve us in a good way liberates and empowers us to change and live with balance and a good mind.

## LET'S REFLECT

How did your parents react to stress? Did they focus on positives or negatives?

How did you get attention as a child? What emotions helped you connect with your parents (or others) the most?

# TRUST & AUTONOMY

What did you learn about sadness? How was sadness expressed?

What did you learn about anxiety? How was anxiety expressed?

What did you learn about fear? How was fear expressed?

What did you learn about happiness? How was happiness expressed?

How did the people in your family, tribe, or community connect to each other? Arguing, gossip, love and empathy, support, emotional distance?



# INITIATIVE, INDUSTRY, & IDENTITY

Beliefs are neither good nor bad except when they don't serve us in a good way to correct imbalances and realign us with our good mind. Many sexual assault survivors have limiting beliefs.

Limiting beliefs are like mind viruses. If we think about the common cold and how easily it spreads, we can see how limiting beliefs can be passed from person to person and through generation to generation.

The good news is that the simple cure is AWARENESS! If we look hard enough, we can find teachings and knowledge that will contradict our limiting B.S. Our job is to actively search for and eliminate what makes this 'shadow self' question our traditional/non-traditional ways of living with our good mind.

Let's look at a few shared limiting beliefs. Do any of them sound familiar? Which one(s) were you conditioned to believe?

- I should be tougher, more resilient.
- I'm hopeless. I'll always be a failure.
- Maybe I'm exaggerating about what happened.
- It's my fault in a lot of ways.
- I deserve this.
- I'm not worthy to be here. What does it matter.

Thoughts like these are lies we tell ourselves about our own and collective story. They keep us second guessing our soul wounds.

Can you think of any others?

# INITIATIVE, INDUSTRY, & IDENTITY

## LET'S REFLECT

What is the name of your limiting belief?

Can you see the way(s) that it limits you?

What teaching(s) do you have that goes against this limiting belief?

Based on this teaching(s), what EMPOWERING BELIEF do you want to have instead?

What knowledge do you have to support your EMPOWERING BELIEF?  
How did (or will) you get this knowledge?

# INTIMACY & CONTRIBUTION

To live in the awareness of the interconnectedness between themselves and community, many sexual assault survivors say a very strong NO to any experiences 1) that take from their “Natural Life Supporting Power,” 2) that conflict with their “Empowering Beliefs,” 3) that keep them in such a way that they are unable to live as the “Sacred Person” they are. Reflect on how having respect for yourself first connects to your relationships with others and feeling a sense of belonging.

## RESPECT WHEEL Natural Life-Supporting Power Descriptions



# INTIMACY & CONTRIBUTION

Many sexual assault survivors look at their cycles of human development on a timeline to find meaning in the experiences that have brought them to a place of health and healing.

At first, your thoughts of the future may be negative or limiting. But remember, once you move a limiting belief into your awareness, you now have the choice to eliminate it and create an EMPOWERING BELIEF!

## **LET'S REFLECT**

List events, people, and places that are important to each of your cycles of human development. Star key events, negative or positive lessons, turning points, and key people.

Baby (birth to 3 years)

Youth (4 to 19 years)

Adult (20 to 64 years)

Elder (65 years +)

# KNOWLEDGE & INTEGRITY

Many sexual assault survivors understand knowledge to be a mixture of teachings combined with their life experiences and intelligence. Knowledge helps them form sound judgments, safe boundaries, and healthy relationships. Knowledge also helps create a good path.

Your life is individually unique and yet interconnected to everyone and everything else around you. A good path will help you develop confidence to live with meaning and connection. It is part of the journey of realizing your individual value and contribution to the whole.

## **MY GOOD PATH**

What do you see your journey is about? Write a 'Vision Statement' using the knowledge you have about your good path.

## **MYSELF AS A LEARNER (LIMITING BELIEFS)**

What have you learned about your limiting thoughts, feelings, behaviors, and actions?

# KNOWLEDGE & INTEGRITY

## **MYSELF AS A TEACHER (EMPOWERING BELIEFS)**

What empowering beliefs can you apply to your life that you will eventually teach someone else?

## **MYSELF AS A WARRIOR (REALISTIC STEPS)**

What are the things you can do in your mental, spiritual, social, and physical life that will have the greatest positive impact?

## **MYSELF AS A HEALER (CONTRIBUTION)**

What do you consider to be your most important future contribution to the most important people in your life?

# A GOOD WAY

Living in a good way is up to you to interpret. For many sexual assault survivors, living in a good way is seeking help from people who help others to heal, eating better food and exercising regularly, and learning to correct imbalances in their thinking, behaving, and relating to others.

Here are a few activities to help you discover what it means to you to live in a good way.

## **MIND, BODY & SPIRIT**

An adult coloring page to help realign mind, body & spirit with the calming and soothing practice of focusing attention, improving concentration, and increasing physical and mental health.

## **SELF- DETERMINATION**

A fun educational assessment (RIASEC) that explores careers and vocational choice to help you develop your contribution to your community.

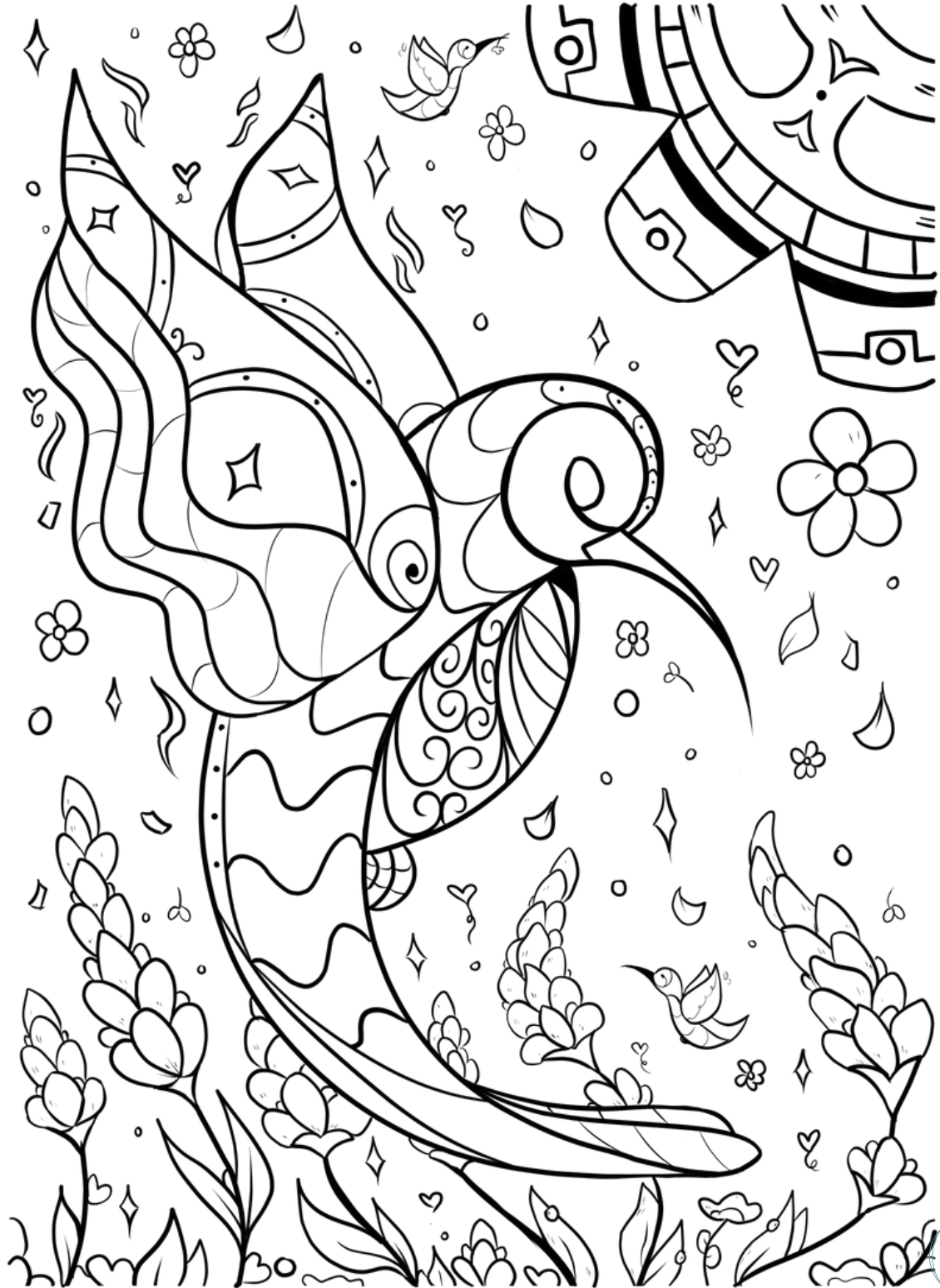
## **SOVEREIGNTY**

Two Worlds is a visual wheel that helps align principles and practices to develop mindfulness. Way Forward is a goal setting activity page engaging visioning of life purpose and strengthening intent.



# MIND, BODY & SPIRIT

Coloring Page







# SELF-DETERMINATION

*Which Career Pathway is right for you?*

## RESULTS OF THE RIASEC TEST



### R = Realistic

These people are often good at mechanical or athletic jobs. Good college majors for Realistic people are...

- Agriculture
- Health Assistant
- Computers
- Construction
- Mechanic/Machinist
- Engineering
- Food and Hospitality

#### Related Pathways

Natural Resources  
Health Services  
Industrial and Engineering Technology  
Arts and Communication

### S = Social

These people like to work with other people, rather than things. Good college majors for Social people are...

- Counseling
- Nursing
- Physical Therapy
- Travel
- Advertising
- Public Relations
- Education

#### Related Pathways

Health Services  
Public and Human Services

### I = Investigative

These people like to watch, learn, analyze and solve problems. Good college majors for Investigative people are...

- Marine Biology
- Engineering
- Chemistry
- Zoology
- Medicine/Surgery
- Consumer Economics
- Psychology

#### Related Pathways

Health Services  
Business  
Public and Human Services  
Industrial and Engineering Technology

### E = Enterprising

These people like to work with others and enjoy persuading and performing. Good college majors for Enterprising people are:

- Fashion Merchandising
- Real Estate
- Marketing/Sales
- Law
- Political Science
- International Trade
- Banking/Finance

#### Related Pathways

Business  
Public and Human Services  
Arts and Communication

### A = Artistic

These people like to work in unstructured situations where they can use their creativity. Good majors for Artistic people are...

- Communications
- Cosmetology
- Fine and Performing Arts
- Photography
- Radio and TV
- Interior Design
- Architecture

#### Related Pathways

Public and Human Services  
Arts and Communication

### C = Conventional

These people are very detail oriented, organized and like to work with data. Good college majors for Conventional people are...

- Accounting
- Court Reporting
- Insurance
- Administration
- Medical Records
- Banking
- Data Processing

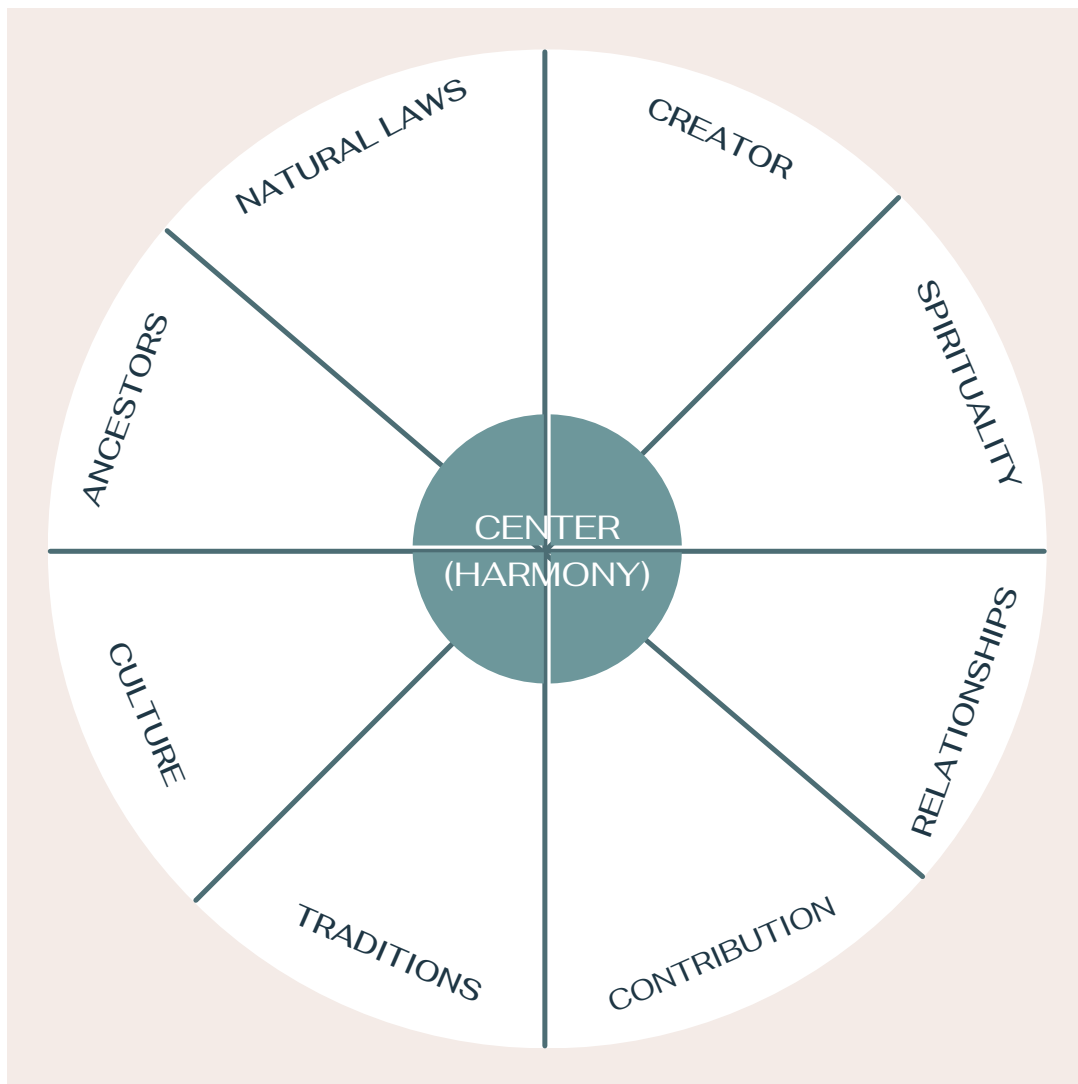
#### Related Pathways

Health Services  
Business  
Industrial and Engineering Technology

# SOVEREIGNTY

**TWO WORLDS:** Shade in the parts of the wheel that you already commit time and attention. Do the principle and practice align? For example, ancestors (principle) to relationships (practices). Reflect: What do the ancestors say about healthy and harmonious relationships?

ABOVE (PRINCIPLES)



BELOW (PRACTICES)

# SOVEREIGNTY

Vision Statement: (page 17)

## WAY FORWARD



PRESENT	1-6 MONTHS
FUTURE	6 MONTHS - FOUR YEARS
CONTRIBUTION	GOOD PATH/CAREER PATH