



When Your Family and/or Your Abuser Denies Your Abuse OnePage

It takes a great deal of courage for a victim of abuse to speak up about that abuse, as either a child or an adult. And when we aren't believed and our abuser denies the truth, after we've summoned the strength to speak up, it's spirit crushing. **Unfortunately, this happens to many victims of childhood abuse.**

When our abuser denies that they abused us and/or our family does not believe us it invalidates our experience and even our perception of reality. It's normal for a survivor to experience internal questions and doubts regarding our abuse. It is difficult to accept the reality of our abuse having happened. **We need the external validation to move forward in our healing.** So when we are denied that by our abuser and/or family it sets us into a loop of self-doubt, prolonging and complicating our recovery. **This cycle can continue for years or even decades until we receive the validation and support we need.**

Our family choosing to support our abuser and deny our abuse is also incredibly painful. It's very difficult to reconcile the fact that someone who has hurt us is chosen by our family above us, their innocent victim. **That one choice tells us we aren't as valuable to our family as a child abuser.** We feel betrayed all over again. For some survivors, the denial of the truth about our abuse is as traumatizing, if not more so, than the original abuse.

When our abuse is denied by our abuser and/or our family we can cope by:

- Seeking the validation we need from safe supportive communities of other survivors
- Setting healthy boundaries between us and our family so there denial doesn't continue to damage us
- Doing the work we need to do, in therapy or coaching or another healing relationship, to process the grief, pain and trauma of our family and abuser's continued denial of the truth
- Building a team of safe people who will support us, validate us, and help us to build our strength and confidence despite our family or abuser's denial of our abuse

Involvement in a "safe" survivor community is a key factor to so much of the healing work we need to do.

Please contact Athena and Bobbi now for opportunities to be involved in their various "safe" support communities.

