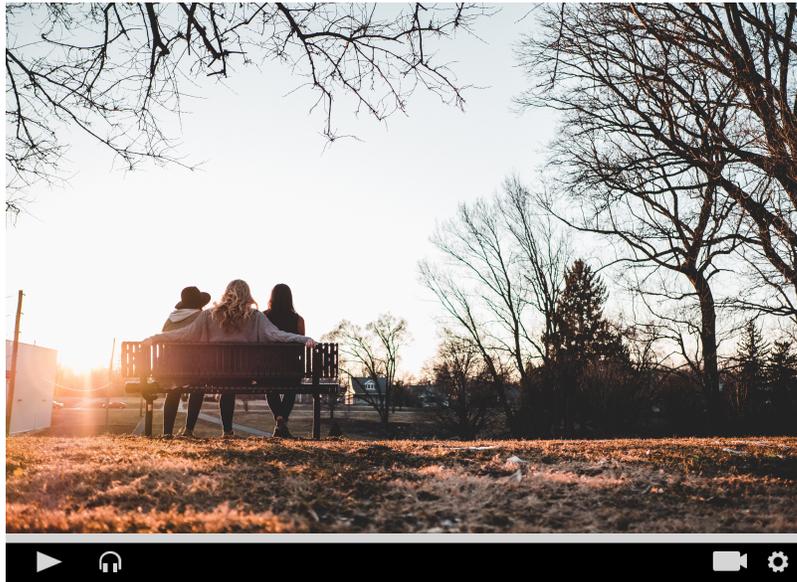


# change your narrative



<https://youtu.be/653RgC1b> PM

## What Is Abuse?

According to [Healthyplace.com](https://www.healthyplace.com), “Abuse is defined as any action that intentionally harms or injures another person.”<sup>1</sup>

While the most commonly discussed forms of abuse are emotional/psychological, physical, and sexual abuse —[Healthyplace.com](https://www.healthyplace.com) describes additional forms of abuse. These include:

- Verbal
- Financial
- Elder
- Spiritual<sup>2</sup>

For a full list of what characterizes each form of mistreatment, we welcome you to visit: [Healthyplace.com](https://www.healthyplace.com)

The Latin origin of the word abuse means “to wrongly use.”<sup>3</sup> Do you know what this means? Anything or anyone who has been abused has been treated in a way which was not part of original design or a healthy interaction.

To put it plainly—it was wrong. Anytime abuse occurs—it goes against natural design.

For more support, tools, and resources to help you or someone you care about shift the story of abuse, visit:

**ChangeYourNarrative.org**

# change your narrative

This is why there are devastating outcomes associated with any form of mistreatment from one person to another. And I am here to tell you that those negative impact are 100% valid, legitimate, and real. I have no doubt you carry a significant burden in which you might feel as if you have to carry it alone. But I am here to tell you—you do not have to. And you are not alone.

If you or someone you care for are struggling because of past or present abuse—you have every right to think and feel as you do. Because what happened to you—was wrong.

Though the journey to shift an incomplete story which was affected by abuse is long and comes with numerous challenges, I believe it is possible to find the wholeness you deserve. It was wrong that someone's choice to harm you has cost you such a steep price of healing—yet you are worth every step of the healing you were born to find.

**Your name is not unwanted.**

**Your name is not abused.**

**Your name is not victim.**

**Your identity is worth so much more.**

1. Tracy, N. (2012, July 29). What Is Abuse? Abuse Definition, HealthyPlace. Retrieved on 2020, March 1 from <https://www.healthyplace.com/abuse/abuse-information/what-is-abuse-abuse-definition>
2. Tracy, N. (2012, July 29). Types of Abuse: What are the Different Forms of Abuse?, HealthyPlace. Retrieved on 2020, March 1 from <https://www.healthyplace.com/abuse/abuse-information/types-of-abuse-what-are-the-different-forms-of-abuse>
3. Abuse: Definition of Abuse by Lexico. (n.d.). Retrieved March 1, 2020, from <https://www.lexico.com/en/definition/abuse>

For more support, tools, and resources to help you or someone you care about shift the story of abuse matters, visit:

**ChangeYourNarrative.org**