



The Truth
About Emotions
for Survivors

by Sharrri
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for Survivors*

**BY
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Like me, many survivors of abuse have repressed emotions as well as repressed memories. During my recovery I discovered that there were some truths about emotions that can be helpful for other survivors to know that can help them to cope. The following list is what I came up with that were the most helpful.

Many of my inside people who contained the memories of torture and the worst trauma also carried the perceptions that everything that they experienced would last forever. These identities were trapped in time past and did not know that the abuse was over or that we had gotten to safety and were no longer in danger. They needed to learn that they were now in the future, not the past and that they were no longer being abused. Our feelings thawed out and I began to associate and process the memories and that emotions. This booklet came out of that journey.

Truth About Emotions for Survivors

I survived the original abuse. I can survive the feelings. Telling myself "I will get through this because I got through previous times that were emotional." Remembering that my flashback emotions were coming from a child's perspective without the adult's logic and reasoning. (During or after flashbacks) or triggers, feelings can be so intense and feel like they will last forever. Many parts that had been jailed, imprisoned, caged or tortured feel like everything lasts forever.

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There is a peak to emotions AND they do come back down again. There is relief after feeling emotions (perhaps not right away) AND there is an end to their intensity and to them. Emotions are like surfing in an ocean. The best thing to do is let them flow and ride the waves (no matter how brutal the storm feels). The fiercest storms ended up being the times I had the most growth and gained the most strength to continue my journey. The times I felt like I was breaking apart ended up being my biggest breakthroughs. I had repressed most of my emotions, but especially anger. It was the emotion that many people like me bury or it's the only emotion they can feel. It was the toughest emotion for me to feel. I was afraid of anger, afraid of angry people, afraid of myself; scared I'd go out of control if I felt it. I spent years being passive aggressive, telling people I was fine when deep down I'd be seething with anger and resentment inside.

Anger came out sideways. I'd end up having fits of rage, yelling, stomping, banging doors or cupboards. As I got in touch with parts who held the anger I found they had the worst trauma and needed the most love and acceptance. It was like anger had become one of my identities. After years of running from it, trying to avoid it or feel it, I finally made friends with him and embraced this God-given emotion. I'd get on my golfcart and go roaring and one day I went to a secluded place with my journal and me and my anger sat down together. I wrote a poem titled Amber Waves of Anger. I allowed myself to feel the anger at the many injustices that had been done to me.

There is a peak
to emotions
AND
they do come
back down
again.

I was no longer detached from my anger. This emotion is now my biggest ally as I advocate for myself and others when channeled to promote changes in myself and use it to make a difference in the world.

The times I felt
like I was
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Sharri Burggraaf is a warrior, wife, mother, Nana, a survivor of extreme abuse RA/MC (Ritual Abuse and Mind Control) which is a documented reality for far too many. She is an example for other survivors that a person can go through anything and come out on the other side of just surviving, to start thriving and living life more abundantly with DID. First diagnosed in the early 1990's, with what she says is not a disorder but the body's amazing response to trauma, she began recovery helping other survivors along the way, She started a non profit organization titled S.H.O.U.T. for Help (Survivors Helping Others Unite Together) and put together a National 3 day Conference in 1994 in Des Moines, IA. After a break in her recovery, she then came back more dedicated than ever to do what it takes to heal. As passionate as she is about her own recovery, she has a desire and love to speak out for those who can't yet speak for themselves encouraging them to find their own voice, sharing the hope that she has been given in hopes that they find their me, the person God created them to be. She leads, braves and paves the way for others to follow their own path individually. She now shines more brightly because she has had much deliverance from the darkness she was born into and advocates for others to do the same while continuing her own healing. She lives in Iowa with her husband Frank.