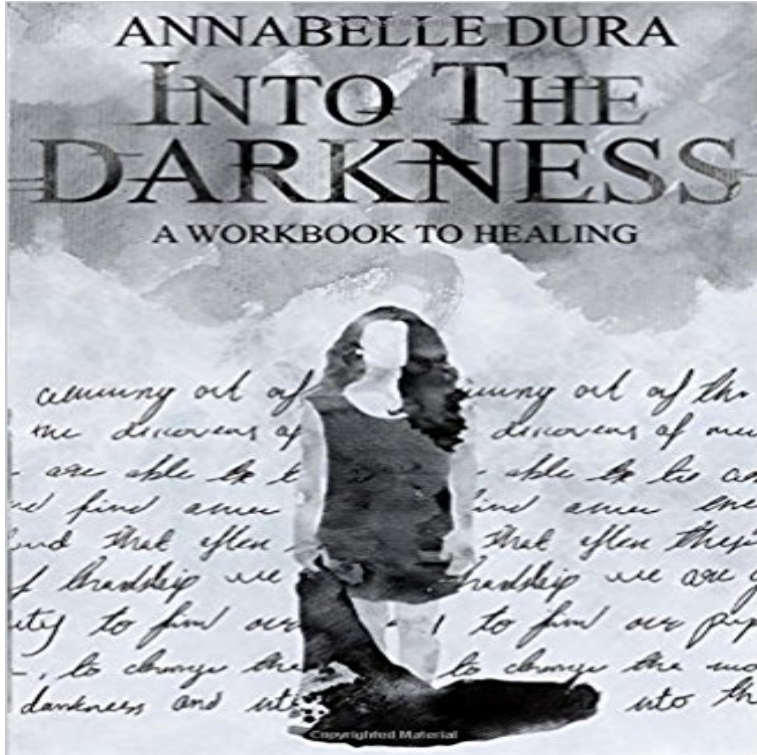


# Into the Darkness: A Workbook to Healing



Into the Darkness is a workbook developed for victims of trauma and sexual abuse. A large number of survivors have a difficult time discussing their situation due to shame, confusion or any number of emotions, but it is these conversations with oneself and/or others are vital to the healing process and to move past trauma. The anecdote of Anas battle through the forest and her self-discovery in the light provides metaphors for the reader to use to engage in these difficult conversations and move forward in the process of healing. These metaphors are put to use through a series of questions found within the pages of the book that encourage self-reflection and community. It is recommended that the reader complete this with a therapist or in a supportive group. Learn more at [IntoTheDarknessBook.com](http://IntoTheDarknessBook.com)

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