

Peak Inside the Mind of a Sexual Assault Survivor: Help Her Feel Safe in Bed and Beyond



A Guide For Men. How To Help Her Heal: A Peak Inside The Mind Of A Sexual Assault Survivor. Help Her Feel Safe In Bed And In Everyday Life by Lima-Meí Summer

★★★★★ 5 out of 5

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Sexual assault is a traumatic experience that can have a profound and lasting impact on a person's life. Survivors may experience a range of physical, emotional, and psychological symptoms, including:

- flashbacks
- nightmares
- anxiety
- depression
- post-traumatic stress disorder (PTSD)

- difficulty trusting others
- difficulty forming relationships
- sexual dysfunction

These symptoms can make it difficult for survivors to feel safe and comfortable in their own bodies and in relationships with others. Intimacy and sex can be particularly challenging for survivors, as they may associate these activities with the trauma of the assault.

If you are in a relationship with a sexual assault survivor, it is important to be patient and understanding. It may take time for her to feel comfortable with intimacy and sex again. Here are some tips on how to help her feel safe:

- **Be patient and understanding.** It is important to remember that healing from sexual assault takes time. Do not pressure her to be intimate or sexual before she is ready.
- **Communicate openly and honestly.** Talk to her about her fears and concerns. Listen to her and be supportive. Let her know that you are there for her and that you will not hurt her.
- **Create a safe and supportive environment.** Make sure that your bedroom is a place where she feels safe and comfortable. Avoid making sudden movements or noises that could startle her.
- **Respect her boundaries.** Let her know that she is in control of her body and that she can say no to anything that she is not comfortable with.

- **Be gentle and affectionate.** Touch her in a way that is non-threatening and respectful. Avoid making any sudden or aggressive movements.
- **Be patient with her sexual response.** Survivors may have difficulty becoming aroused or reaching orgasm. Do not pressure her to perform sexually in any way that she is not comfortable with.
- **Encourage her to seek professional help.** If your partner is struggling to cope with the aftermath of sexual assault, encourage her to seek professional help. A therapist can help her to process her trauma and develop coping mechanisms.

Healing from sexual assault is a journey. It takes time and effort, but it is possible. With the right support, survivors can learn to feel safe and comfortable in their own bodies and in relationships with others.

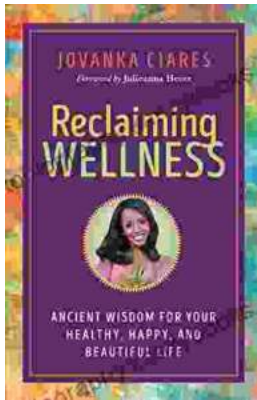


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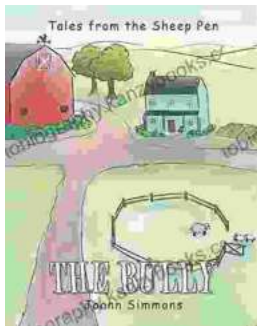
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