

# HEALING FROM A CULT OR COERCIVE RELATIONSHIP: 2 FROM SURVIVING TO THRIVING

## INTEGRATION AND MOVING FORWARD:



Ultimately, healing from cult involvement is about integrating the experience into your life story and moving forward with a renewed sense of strength, resilience, and purpose. This may involve finding meaning in the experience, helping others who have been similarly affected, and living a fulfilling life beyond the influence of the cult.

*work in progress*

It's important to note that healing from cult involvement is not linear and may involve setbacks or relapses. It's a deeply personal journey that requires patience, self-compassion, and support from others. Professional help from therapists or counselors experienced in working with former cult members can be invaluable in this process.

### NOTES TO SELF:

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