

## The thirst for life prevails over sexual assault by Germaine McKenzie

1st day: exploration of the pain, the wound.

When a person is sexually assaulted, the victim is affected in their whole being. All aspects of their life are bruised and hurt. Sometimes the person prefers to keep the secret for years and bury it deep inside them.

- To dig up this wound to finally reveal it;
- Give the floor to the survivor;

Day 2: With the help of a social worker; turn on the off light again;

- Introspection: get rid of that shame that belongs to the sexual abuser.
- Restore the aggressor the weight of their criminal act;
- Remove this transparent envelope but that does exist;

Day 3 Beginning of the personal healing process;

- The 7 ways to heal;
- Take back power over their life;
- Regain self-confidence and of others ;
- Recover the thirst for life;
- Finally live one's life;