

# Effective Pastoral Care for Adult Survivors of Sexual Abuse or Trauma

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Spirit Fire

## **DON'T**

## **DO**

**Don't talk.**

**Listen.**

**Don't know.**

**Learn.**

**Don't defend.**

**Acknowledge wrongdoing and hurt.**

**Don't minimize.**

**Recognize the burden.**

**Don't intellectualize.**

**Permit strong feelings.**

**Don't launch a pep talk.**

**If it were possible, we'd be over it already.**

**Don't be impatient.**

**Remember healing is on God's timing.**

**Don't be directive.**

**Follow our lead and pace.**

**Don't be linear.**

**Appreciate healing as circular, repetitive.**

**Don't wing it.**

**Prepare and be knowledgeable.**

**Don't be goal-oriented.**

**Be God-oriented. His Presence is enough.**

**Don't judge or shame.**

**Show radical respect for a humiliated person.**

**Don't talk to a diagnosis.**

**Talk to us about the diagnosis.**

<b>Don't own.</b>	<b>Respect boundaries on a person's burden.</b>
<b>Don't fix.</b>	<b>Accept healing as a process.</b>
<b>Don't fuel a focus on past.</b>	<b>Care for need here, now.</b>
<b>Don't push.</b>	<b>Pace, go slowly.</b>
<b>Don't expect efficiency.</b>	<b>Simplify, repeat, repeat, repeat, confirm.</b>
<b>Don't expect reliability.</b>	<b>Expect no-shows, late arrivals.</b>
<b>Don't personalize.</b>	<b>Depersonalize errors and rough edges.</b>
<b>Don't take responsibility.</b>	<b>Set firm boundaries softly.</b>
<b>Don't analyze.</b>	<b>Affirm mystery and grace in this life.</b>
<b>Don't shift into therapy.</b>	<b>Know how to refer for professional help.</b>
<b>Don't be manipulated.</b>	<b>Live the boundaries you set.</b>
<b>Don't feel responsible.</b>	<b>Let the Holy Spirit do the heavy lifting.</b>
<b>Don't hesitate.</b>	<b>Pastor.</b>