

Your Body Was Not the Problem

Reclaiming yourself after sexual violation

This guide is written for women who have experienced sexual violation in any form — in childhood, in relationships, by strangers, by institutions, or by those in positions of trust. It is not clinical. It does not ask you to process publicly. It simply names some things that may never have been named for you.

What was done to your body was not about your body

Sexual violation is about power, control, and the decision of one person to take what was not theirs. It was never about how you looked, what you wore, where you were, or what you had done before. The responsibility belongs entirely to the person who chose to cause harm.

Your body remembers what your mind tries to manage

Flinching. Freezing. Numbness. Feeling disconnected from your own skin. Responses that seem to come from nowhere. These are not overreactions. They are the body's record of what it survived. They are normal responses to abnormal experiences.

Intimacy after violation is complicated. That is allowed.

You are allowed to find closeness difficult. You are allowed to have boundaries that others do not understand. You are allowed to take time. You are allowed to feel nothing, or too much, or both at once. Your body is not broken. It is protecting itself.

Reclaiming your body is part of the work

Not performing wellness. Not rushing to be okay. Slowly, at your own pace, in your own way — learning that your body is yours again. That it belongs to you. That what was taken from you does not define what you are allowed to have.

You do not owe anyone your story

You do not have to explain your history to justify your boundaries. You do not have to disclose to deserve care. Your story is yours. You decide who earns the right to hear it and when.

Your body survived. It deserves to be reclaimed, not escaped.

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