



## **Q. Should an SRA survivor maintain a close relationship with family members?**

A. If an SRA survivor is from a multigenerational SRA family unit, then in most cases, the family members are highly programmed and have assignments to maintain the programming on other family members.

There are some questions you could ask yourself:

1. Do I find myself compulsively telling everything to a specific family member weekly?
2. Do I feel different after having contact with my family?
3. Do I dissociate or lose time around family members?
4. Are my family members dissociative?
5. Am I healing at a good rate or do I seem to be stuck?
6. Do I have memory of family members participating in the rituals?
7. Does my family ask me nosy questions about the ministry/therapy I am receiving or what I am remembering?
8. Do I feel safe around my family members?

Only you can decide what is best for you. Take some time with the Lord to seek His counsel for you. When you feel His peace with a decision, that's a good indicator.

If you decide that family is NOT safe:

*Source: <https://endritualabuse.org/?s=safety>*

- Be cautious of siblings & parents acting as spies and reporters
- Get a lot of physical distance - 200 to 1000 miles
- Have "safe" people around for accountability & check-in around holidays
- Safety is achieved only when personalities are freed from submission to the cult and mind control programs have been broken

Build a support team:

- Minister or Pastoral Counselor
- Medical professionals (May be necessary to manage depression, anxiety & pain)
- Church fellowships, cell groups & prayer partners (Refrain from abuse details)
- 12-step recovery groups (Co-dependency, sexual abuse & addiction recovery)
- Safe family members and safe friends

Tools for recovery:

- Prayer, devotional time and worship
- Daily bible study & meditation on promises of God
- Call a friend - reach out in fellowship & support
- Journaling – thoughts, feelings and dreams
- Creative expressions – helpful for emotional healing
- Exercise – helps manage stress & depression