

## The After-Effects of Sexual Bondage, Its Wounds and Destructions

Sexual bondage creates the following traumatic after-effects. The following is a sample list. There could be other symptoms.

- A Lifestyle of Deception and Lying
- Abortion
- Aggressive Behavior
- Anxiety Attacks
- Avoidance Sleep
- Creating a Fantasy Life
- Drug/Alcohol Abuse/Prescription Drug Abuse
- Eating Disorders
- Emotional Instability
- Excessive Drama
- Excessive Sexual Lust
- Extravagant Spending/Materialism/Dressing Self-Protectively or Sensually
- Flashbacks
- Hoarding/Excessive Collecting/Excessive Recycling
- Homebound Seclusion
- Hypochondriac Behaviors
- Interrupted Sleep
- Irrational Fears
- Irritability
- Lack of Self Worth
- Lack of Sexual Desire
- Leading a Double Life/Public Image-Private Self
- Nightmares/Dreams
- Numbing of Emotions/Not Caring
- Obsessive Compulsive Disorder Symptoms/Odd Obsessions
- Outbursts of Anger or Rage
- Over Obsessing: Latching onto People/Recycling/Pets/Animals
- Overwhelming Need to Please People
- Passive Aggressive Behavior
- Procrastination/Unmotivated/Laziness
- Prostitution
- Self-Cutting
- Self-Destructive Behaviors
- Sexual Promiscuity
- Shame and Guilt
- Short- or Long-Term Depression
- Thoughts of Suicide
- Uncomfortable with Sudden Physical Touch
- Withdrawal from Relationships

## Alive Again Ministries A Non-Profit 501c3 Ministry

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[www.aliveagainministries.online](http://www.aliveagainministries.online)

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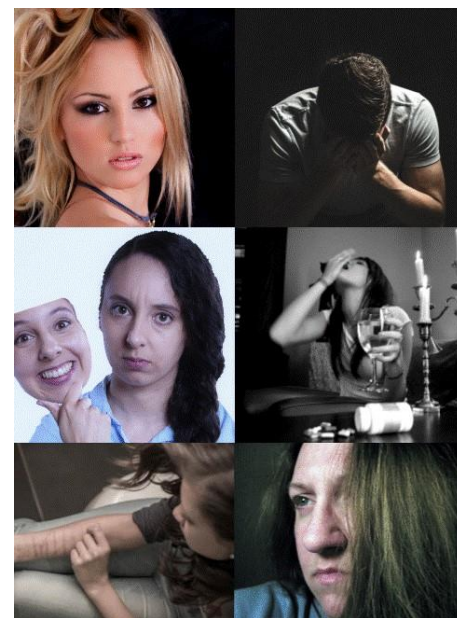
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# The Journey to Life



*Brings freedom from sexual  
bondage, its wounds and  
destructions, originating  
from sexual abuse.  
[rape, sexualization and  
molestation]*

## Why take “*The Journey to Life*”?

- ❖ *Do your thoughts about your past cause you to feel shame and guilt?*
- ❖ *Do you struggle with feelings of sorrow, anger and depression?*
- ❖ *Do you feel depressed, at times, without reason?*
- ❖ *Do you have destructive behavior?*
- ❖ *Do you live a lifestyle full of activity and busy work trying to fulfill a nagging emptiness?*
- ❖ *Do you ask yourself what your life would have been like if you had not experienced sexual abuse?  
“What if \_\_\_\_\_?”*
- ❖ *Do you have a feeling of worthlessness?*
- ❖ *Do you feel like your life is meaningless?*
- ❖ *Have you begun to believe that your worth is tied up in sexual activities?  
Example: Do you dress to lure men/women?*
- ❖ *Do you lust after sexual activities and maybe you don't understand why?  
Example: Dating Websites; Internet Chat Rooms; Television Shows/Movies; Pornography*
- ❖ *Does everything have a sexual connection? You know it's wrong. However, you enjoy it?*

“*The Journey to Life*” will help you discover your sexual bondage, its wounds and destructions are after-effects of sexual abuse (rape, molestation, sexualization).



## Does your heart feel like this?



## What is “*The Journey to Life*”?

“*The Journey to Life*” leads to freedom from your sexual bondage, healing for your wounds and destructions, a new start.

## How can you take *The Journey*?

“*The Journey to Life*” is offered through Skype, Zoom and phone.



For more information, you can e-mail us at [sherryaliveagain@gmail.com](mailto:sherryaliveagain@gmail.com)

Website: [www.aliveagainministries.net](http://www.aliveagainministries.net)



## Comments from people who have completed *The Journey*:

“If I had not taken this *Journey*, I would be dead. I had a suicide plan, taking the *Journey* saved my life!” *Starr – Alabama*



“*The Journey* taught me about the reality of my lifestyle, and how life was meant to be lived.” *Stefani – Texas*

## Our Mission

*Alive Again Ministries* exists to follow Jesus Christ.

The purpose and commitment of A.A.M. is to lead broken people to the love of Jesus Christ and His healing freedom.

Jesus came to give us Life.

Luke 15:11-24

## From the Leaders of “*The Journey to Life*”

The leaders of *Alive Again Ministries* can understand and relate to the pain and emptiness of sexual bondage. Most of us have experienced the wounds and destructions originating from it.

During our healing journeys, God gave us new lives with freedom, peace, hope and even joy!

We realize there are millions of people enduring sexual bondage. Some recognize their post-sexual abuse after-effects; many do not. To help understand some of the words associated with the term sexual abuse, we have provided some definitions:

**Rape:** any act of sexual intercourse that is forced upon a person

**Molestation:** to make indecent sexual advances to; to assault sexually

**Sexualization:** to render sexual; endow with sexual characteristics

However without dealing with the subsequent sexual bondage, you cannot understand the on-going destruction experienced. This is why our Bible study, “*The Journey to Life*” was created.

“*The Journey to Life*” and its leader(s) are here to help you discover your need to heal and help you break through to a new life, with a whole heart, stability, and an understanding of how valuable you are.