

UPLIFT: A monthly ASCA newsletter of thriving and inspiration. Exclusively from The Morris Center for Healing from Child Abuse.

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Featuring positive, uplifting information exclusively from The Morris Center for Healing from Child Abuse.

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In this issue we feature artwork, an excerpt from the Survivor to Thriver Manual and some tips for being your best. We hope you'll be uplifted.

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*A simplified version of Vincent Van Gogh's "The Fields"
Oil on canvas, painted by an adult survivor of child abuse in California.*

YOU have the right to be who you want to be and live the way you want to live

An excerpt from Step 13 of the [ASCA Survivor to Thriver Manual](#) , including some tips for being your best.

Make conscious choices about your life, free of guilt and the lack of entitlement that characterized your past. Be the person you want to be, to live the life you want to live and be treated the way you want to be treated. Your true identity as a person will continue to emerge. How amazing you are! While aggressiveness rarely gets you what you want, assertiveness is a skill and a tool that can help you in your daily life.

- Make time to relax
- Embrace a growth mindset and focus on what you want
- Eat healthy foods that make you happy
- Accept that you are truly an amazing human being
- Get enough sleep

"It is better to play than to do nothing"

-Confucius

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UPLIFT joins our still ongoing, quarterly newsletter. We would love to feature you. If you would like to volunteer, have comments or would like to provide supportive feedback for anyone featured in this newsletter, send an email to ascanewseditor@gmail.com by including their name in the subject line of your email.

A special thank you, to all those who have made a [donation to the Norma J Morris Center](#). We would not be here without you.

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