



## NIGHTMARES

Many survivors relive the abuse in dreams and may also experience dreams which relate to abuse and violence. Nightmares can be terrifying and some survivors become afraid to sleep because of the dreams. When we dream of terror, we relive the bodily sensations of the event and sometimes wake up the next day completely drained.

### Some things that might be helpful:

- Write your dreams/nightmares down and take it to counseling.
- Talk to someone you trust about your dreams. Sometimes talking about the event behind the dream can make the dream less frightening.
- Have things in your bedroom that help you remember you are in the present and to remind you of good and happy times.
- Make your bedroom as comfortable and welcoming as possible. Try to make it as different as possible from your childhood room.
- Try not to watch TV for about half an hour before going to bed. Some have found that TV images, - because they are sometimes similar to dream images - trigger dreams. If you do watch TV or a movie before bed - try to watch something fun or something light!
- It is common for dreams and nightmares to happen more around the same time of year when you were hurt (anniversary times). This is because our bodies have memories too.

Thanks to the Silent No More Project for this information

