The Pathway Map



Joan Duhaime of Chesapeake, Virginia, asks children to draw a map so they can see where they are, how far they have progressed, and how far other family members may be on their journey of learning and growing. When they reach their own personal goals, they color in the blocks on their pathway map.

You and your therapist may want to make a your own pathway map on a large poster board so you have enough room to write down all your goals and the pictures that go with them. Some questions that you may want to answer as you work on the map are listed below.

How did it feel when you first told about the abuse?

How have your feelings about yourself changed since you've been coming to counseling?



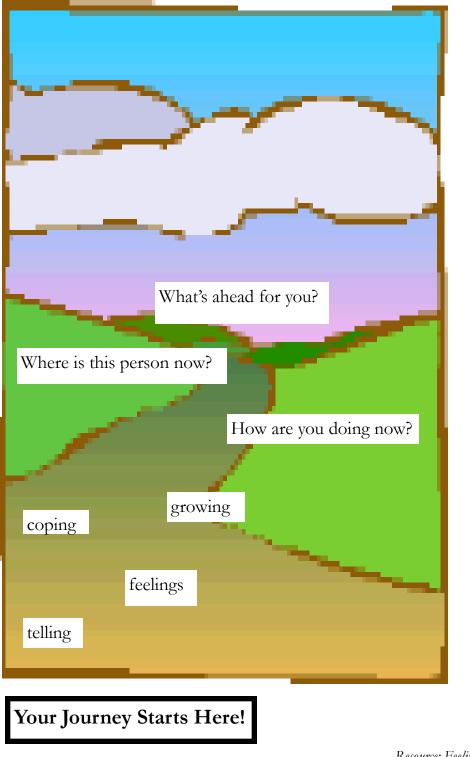
In what ways do you think you are healing and growing stronger?

Is there someone else in your family who also has to make some changes for the family to heal?

How do you think that person is doing?

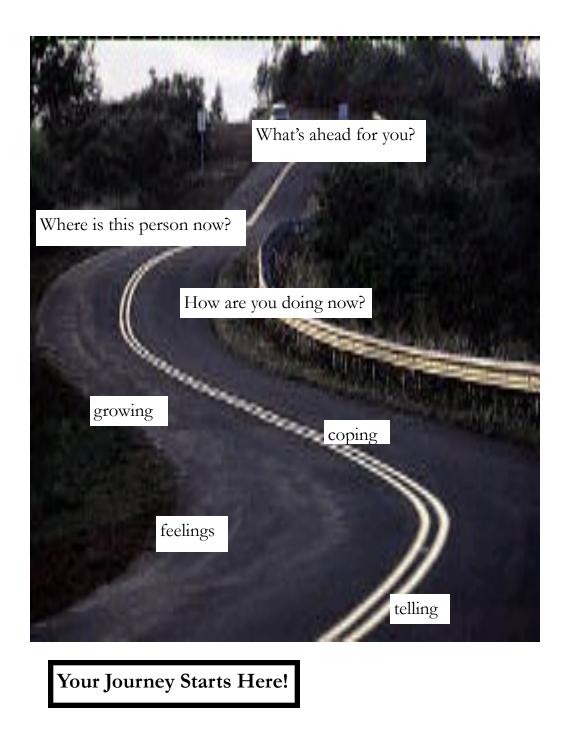
Resource: Feeling Good Again. Harborview CBT+ 03

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Resource: Feeling Good Again. Harborview Center for Sexual Assault and Traumatic Stress 03

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