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You can reclaim your life after

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experiencing sexual trauma. Take control of your life by processing your sexual trauma and by working through your triggers. You should also lean on the support systems around you, such as family and friends, and consider getting professional help to allow you to regain a hold on your life. Part 1

## How to Reclaim Your Life After Sexual Trauma: 10 Steps

Jean J. Jensen is a therapist and the author of *Reclaiming Your Life: A Step-by-Step Guide to Using Regression Therapy to Overcome the Effects of Childhood Abuse*. Contemporary Psychology said the book “ provides practical and compassionate guidance on dismantling the childhood defenses of repression and denial. ” Jensen earned her MSW

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Healing of Endometriosis  
Degree from the University of  
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