



**WILD
WOMXN**
HEALING ARTS
rooted in the body, free in the soul

Sexual Trauma Healing Workbook

A gentle guide for
reclaiming safety, strength,
and self-compassion

BY NAKASHWA HANGO

Spiritual Therapist



Hello and Welcome!

This workbook was created as a gentle companion for anyone navigating the journey of healing from sexual trauma. It is not meant to replace therapy or professional support, but to serve as a safe space where you can reflect, release, and reconnect with yourself at your own pace.

Inside, you'll find grounding practices, journaling prompts, affirmations, and exercises designed to help you:

- Rebuild a sense of safety in your body and mind
 - Release shame and reclaim your voice
 - Strengthen self-compassion and self-worth
 - Envision a future rooted in empowerment and peace
-

Why I Wrote This



Healing from sexual trauma can feel overwhelming, isolating, and uncertain. I wrote this workbook to remind you that you are not alone, that your story matters, and that healing is possible. My hope is that these pages offer you guidance, comfort, and strength as you move forward on your path.

What to Expect

- Short, powerful exercises you can return to anytime
- Space for reflection and self-expression
- Gentle encouragement to honor your pace and progress

This is your workbook, your journey, and your healing. Take what resonates, leave what doesn't, and know that every step you take is a step toward reclaiming yourself.

Understanding Sexual Trauma

Sexual trauma refers to any experience of unwanted sexual activity where consent was not freely given. It can include assault, abuse, harassment, or coercion.

Trauma is not just the event itself — it's the lasting impact it has on the body, mind, and spirit.

Survivors may experience:

- Feelings of shame, guilt, or self-blame
- Anxiety, depression, or hypervigilance
- Difficulty trusting others or feeling safe
- Disconnection from their own body or emotions

Healing does not mean “forgetting” or “going back to how things were.” Healing means reclaiming your sense of safety, self-worth, and agency. It's about learning to live fully again, with compassion for yourself and strength in your story.

Why Trauma Lives in the Body

- Stored in the nervous system: Trauma can leave the body in a state of hypervigilance, making it hard to relax.
 - Muscle memory: The body may hold tension or pain long after the event.
 - Disconnection: Survivors often feel detached from their bodies, struggling to sense pleasure or safety
-

What Healing Can Look Like

Healing is deeply personal and non-linear. It may involve: Safety & Grounding: Rebuilding a sense of security in your body and environment.

- Reconnection: Learning to trust yourself and others again.
- Expression: Finding safe ways to share your story through journaling, art, or therapy.
- Release of Shame: Recognizing the truth: It was not your fault.
- Empowerment: Reclaiming your voice, your choices, and your future.

Healing is not about erasing the past but rather integrating it into your life in a way that no longer controls you.

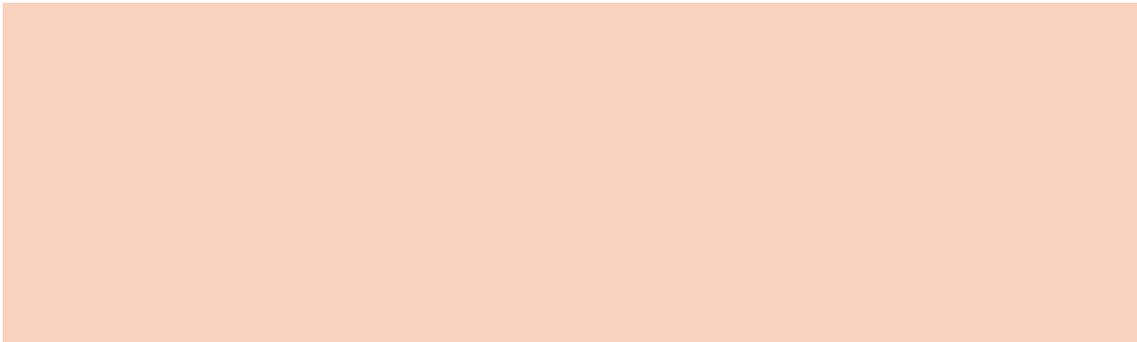
“Sexual energy is a power that moves us towards one another — a primal force that, when healed, becomes a source of connection, creativity, and wholeness.”

NAKASHWA THE WILD
WOMXN

EXERCISE #1

Grounding & Safety

WRITE DOWN 3 THINGS THAT MAKE YOU FEEL SAFE RIGHT NOW (A PLACE, A PERSON, AN OBJECT).



PRACTICE THIS GROUNDING TECHNIQUE:

- NAME 5 THINGS YOU CAN SEE
 - 4 THINGS YOU CAN TOUCH
 - 3 THINGS YOU CAN HEAR
 - 2 THINGS YOU CAN SMELL
 - 1 THING YOU CAN TASTE
-

EXERCISE #2

Reconnecting with Your Body Releasing Shame

Place your hand over your heart and take 5 slow breaths.

1. Journal: "What does my body need today?"

Leave space for the reader's response.

2. Write down one harmful belief you carry (e.g., "It was my fault").

Leave space for the reader's response.

3. Cross it out and replace it with a truth (e.g., "I survived something I didn't choose").

Leave space for the reader's response.

EXERCISE #4

Vision for Healing

WRITE A LETTER TO YOUR FUTURE SELF, IMAGINING A LIFE WHERE YOU FEEL SAFE, WHOLE, AND EMPOWERED.



END WITH: "I BELIEVE IN YOU."

- PLACE A HAND OVER YOUR HEART OR BELLY AND BREATHE INTO THAT SPACE.
 - SAFE, INTENTIONAL TOUCH CAN REBUILD TRUST WITH YOUR BODY.
-

Hands-On Healing Offering

Healing Through Energy, Sound, and Breath

This offering is designed as a safe, nurturing space to support survivors of trauma in reconnecting with their bodies, releasing stored pain, and cultivating inner peace. Through gentle, hands-on practices, we invite the body, mind, and spirit back into harmony.

✨ What's Included:

- **Reiki Energy Healing:** A deeply restorative practice that channels universal life energy to balance the body's energy centers, ease tension, and promote emotional release.
- **Sound Therapy:** The soothing vibrations of singing bowls, chimes, or drums help calm the nervous system, quiet the mind, and open pathways for healing.
- **Breathwork:** Guided breathing techniques to ground, release, and reconnect with your body, creating space for safety and empowerment.

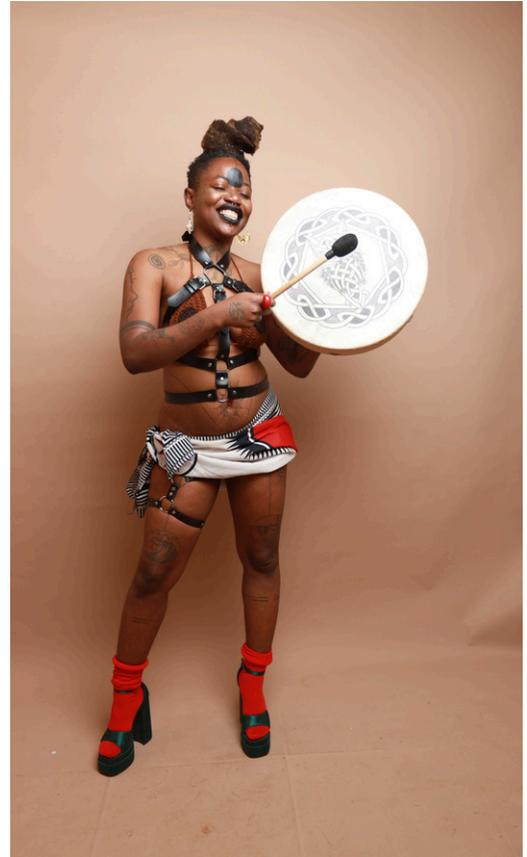
N\$2200 \ 2hour session \ +264 8155 49520



Thank you!

As you come to the end of this workbook, remember: healing is not a straight line, and it is not measured by speed or perfection. It is measured by the courage it takes to show up for yourself, one step at a time. You have already proven your strength by choosing to engage with these pages, by allowing yourself to reflect, and by opening space for your own growth. Every breath, every word written, every moment of self-compassion is a victory. Carry forward the truth that you are worthy of love, safety, and joy. Your story matters, your voice matters, and your healing matters.

🌱 You are not alone. You are whole. You are healing.



Do You Need More Help?

[Schedule a 15min Call](#)

This call is not about pressure or commitment — it's about discovery. It's a safe space to explore whether this kind of healing resonates with you. My hope is that it feels like an extension of the compassion and empowerment you've cultivated through this workbook.

 +264 815549 520