

Name _____

Breaking Free: A Journey to Healing

Short Answer Key

1. Some of the steps Emily took included attending therapy sessions, joining support groups, finding a job, and saving money for an apartment.
2. Emily had to face her abusive ex-partner in court to obtain a restraining order, which would help protect her from further harm.
3. Emily's journey involved reconnecting with her family and friends. While some were understanding and supportive, others struggled to grasp the extent of her trauma. Emily learned the importance of setting boundaries and surrounding herself with positive influences.
4. After her journey to healing, Emily became an advocate for survivors of domestic violence, sharing her story to raise awareness and encourage others to seek help.

