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### Beyond Abuse, Beyond Therapy, Beyond Anything Archives Available

**July 1st 2014: The 4 D's: What They Are & How They Keep You Trapped in Abuse**

During abuse, your resourceful young self used coping strategies to try and protect yourself from the pain. Some of these coping strategies, which I refer to as the 4 D's, are: - Denial - Defending - Disconnecting - Dissociating These behaviors served you at the time. The problem is, you continue to use these behaviors to cope in life as an adult, when they no longer serve you. Instead, they keep you locked up inside an invisible cage, where you become your own eternal jailer. That's why it feels like you can never escape your abuse. Join us for this call live and discover more

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