

Lessons Learned From Recovery!

Helping Scam Victims

A SCARS Recovery Booklet

Part of the SCARS Steps
Recovery Program



SCARS PUBLISHING

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Society of Citizens Against Relationship Scams Inc.

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For Scam Survivors!

This publication is to help Scam Survivors Better
Understand the Recovery Process.

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Lessons
Learned
From
Recovery

1.

Fear is a bigger obstacle than the obstacle itself

- Tell your heart that the fear of suffering is worse than the suffering itself.
- And that no heart has ever not suffered when it goes in search of its dreams.
- Any new pursuit requires entering uncharted territory -- that's scary. With any great risk comes the potential for disaster. But knowing that you can come out of it on your proper path.
- The experiences you gain in pursuing your dream will teach you more than any school can.

2.

What is "true" will always endure

- If what one finds is made of pure matter, it will never spoil. And one can always come back.
- If what you had found was only a moment of light, like the explosion of a star, you would find nothing on your return.
- But what is false will fade and after a while be completely forgotten.
- Truth cannot be veiled by smoke and mirrors -- it will always stand firm.
- When you're searching for the "right" decision, it will be the one that withstands the tests of time and the weight of scrutiny.

3.

Break the monotony

- When each day is the same as the next, it makes you vulnerable.
- When people fail to recognize the good things that happen in their lives every day they look for rewards in the wrong places.
- Gratitude is the practice of finding the good in each day.
- Life can easily become stagnant, mundane, and monotonous, but that changes depending on what we choose to see.
- There's always a silver lining if you look for it, but watch out for the lightning strikes along the way.

4.

Embrace the present

- If you live in the future - the next relationship, the next reward, you are always vulnerable to false promises.
- But if you don't live in either my past or my future. You're only interested only in the present.
- If you can concentrate always on the present, you'll be a much happier person.
- There's no point dwelling in the past and letting it define you, nor getting lost and anxious about the future. But in the present moment, you're in the field of possibility and the future has not yet been decided.
- How you engage with the present moment will direct your life.

5.

Your recovery has a ripple effect

- When we strive to become better than we are, everything around us becomes better, too.
- Growth, change, and evolution are woven into the fabric of reality.
- Becoming a better version of yourself creates a ripple effect that benefits everything around you: your lifestyle, your family, your friends, and your community.

6.

Make the decision to commit

- When someone makes a decision, they are really diving into a strong current that will carry them to places they have never dreamed of when they first made the decision.
- Every adventure began with a decision and a commitment.
- It's easy to get overwhelmed by the unknowns and finer details of your dreams, so chose one of them and commit to it.
- Actions will flow out of having confidence in your decision; sitting on the fence will get you nowhere.

7.

Be **realistic** so you can be unrealistic

- To see the world in terms of what you would like to see happen, you first have to see it as it is. You have to know if you are building on stone or sand.
- Some of the greatest inventions would not have happened if people chose to accept the world as it is, but they also had to know that what they envisioned did not yet exist.
- Great achievements and innovations begin with a mindset that ignores the impossible, but reality has a way of reminding you that the impossible may come at a cost.

8.

Keep getting **back** up

- The secret of life, though, is to fall seven times and to get up eight times. Because the eighth time could be your breakthrough.
- Some of the greatest novels in history were published after receiving hundreds of rejections. Thankfully, those authors never gave up.

9.

Focus on **your** own journey

- If someone isn't what others want them to be, that is ok, as long as you are following the path to your success.
- But remember, that not everyone is going to make it, don't compare their failure to yourself.
- Everyone seems to have a clear idea of how other people should lead their lives, but very few commit the energy to truly learn about their own.
- It's easy to be influenced by others, but you'll be miserable if you end up living someone else's life.
- There's nothing wrong with taking advice and learning from others, but make sure it aligns with your needs, desires and passions.
- Never compare yourself to others - neither your suffering or your success.

10.

Always take **action**

- There is only one way to learn and follow the path. That is through action.
- You will fail, but keep going and eventually you will learn.
- Everyone makes mistakes. They become sins only if you do not honestly learn from them. If you let pride and biases cloud your vision then you have learned nothing.

This guide was produced by the Society of Citizens Against Relationship Scams Inc. [SCARS] a government registered, award-winning nonprofit nongovernmental organization based in Miami, Florida, U.S.A., with affiliations with the United States Department of Homeland Security, Department of Justice, and other entities worldwide. It is a registered online crime victims' assistance and support, crime prevention organization. SCARS represents over one million victims worldwide with member groups in over 60 countries, plus has its own offices in in the U.S., Mexico supporting romance scam victims worldwide

This guide was edited by Dr. Tim McGuinness, SCARS Director and Founder.

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