

Prevailing

Prevailing does not mean “getting over”, or “forgetting”, or “living as if” this never happened, or “denying” what happened. It means integrating what has happened as much as possible, living with it, functioning in your daily life, and feeling some connectedness, some purpose.

To prevail means:

1. To triumph over hardships
2. To be effective
3. To persist
4. To rise above, or overcome, an obstacle

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