

An E-book to HOPE

DR. GREGORY  
WILLIAMS



# The Road Map to Hope

HELPING YOU GET CONTROL OF YOUR  
MIND AND EMOTIONS

---

Dr. Gregory Williams · [gawilli1@texaschildrens.org](mailto:gawilli1@texaschildrens.org)



# CONTENTS

- 03 Life's Storms: Our Response
- 06 Directions to Take When Dealing with Stress
- 09 Learn About Adverse Childhood Experiences
- 10 Don't Forget to Take the Scenic Route
- 11 The Final Destination to HOPE!



# Life's STORMS: Our Response

As I am writing this e-book, Hurricane Dorian is stalled over the Bahamas and everyone is holding their breath wondering when it will start moving again, where will it head and just how much devastation will it bring when it hits the coastline of the United States?

I vividly remember August 2017 and the damage brought by Hurricane Harvey to the Houston, Texas area. When it was over more than \$125 billion dollars' worth of damage was done.

I remember watching the flood waters rise on the street where I lived at that time and then watching hour by hour it creeping up steadily to almost the edge of the front step of the porch and then miraculously stop and then eventually slowly going back down without causing any damage. I was one of the Texans that was blessed to not have been affected greatly by such a huge flood. Many of my friends and co-workers lost everything because of the flood waters of Hurricane Harvey.

Isn't it amazing that something as simple as water can cause such an amount of heartache and pain to so many people?

WATER....

The same element that when boiled can tenderize pasta and help create a delicious Italian dish.

WATER....

The same element that when pressurized can be used to removed dirt and grime off the filthiest pickup truck after a day of mudding in the country.

# Life's STORMS: Our Response

WATER....

The same element that when placed in a large pool and chlorine added can become a place of fun and excitement for a family on a summer afternoon.

WATER....

There are so many direct parallels between water and the overwhelming feeling of emotions in a person's life that has been hurt, abused or traumatized.

So let me ask you a deep and raw question: **Have you ever felt like you were drowning in the absence of water?** Drowning in a hurricane of emotions that can come upon you and rush your life as quickly as a devastating hurricane....sometimes even without warning.

The purpose of this short e-book is to give you a road map to HOPE that you could possibly use to start making your way emotionally, spiritually, and mentally to a higher ground of foundation. To a safe place of rest, comfort and inner peace.

We are going to look at:

- **Directions in Dealing with Stress**
- **Reading the Signs Along the Way: ACEs (Adverse Childhood Experiences)**
- **Don't Forget to Take the Scenic Route**
- **The Final Destination to HOPE**

Fasten your seat belt, start the engine and let's take a journey. TOGETHER. A journey to a destination that we all want to reach. A place called HOPE. You can make it no matter what storm is brewing or emotional hurricane has devastated you. I promise!



*NOW is the time for...*

# "Breaking the Silence"

with  
Dr. Gregory  
Williams



*Heard Around the World on  
BBS Radio Network  
beginning, Sunday, August 18th  
8 pm Central Time*

Join Dr. Williams and his guests each Sunday evening for a LIVE hour-long radio program called, "Breaking the Silence with Dr. Gregory Williams. This program will feature some of the world's most knowledgeable guests on the topics of stress, overcoming fear, ACEs and breaking from your silence to get your emotional voice back. The program is LIVE each Sunday evening at 8 PM Central Time and you may call in with your questions and comments at 888-627-6008.

The link to the LIVE Sunday night radio program is: <https://bbsradio.com/breakingthesilence>



# Directions to take when Dealing with Stress

Does this picture describe some of the stress that you are dealing with right now when you are overwhelmed with stress and have no idea which way to turn?

There are so many books, so many programs, so many people telling you that you need this...or you need that...and all you want to do is to SCREAM: "I just need to do SOMETHING!!!!."



Hopefully these next few pages will help you "unclutter" your mind and focus on what is important and help you make sense out of all this stress and trauma and storms that you are dealing with.



First of all: **STOP!**

Just STOP! Your mind and your life is going 100 mph and you need to put the brakes on now. Clear your mind. Focus on a few things that need to be accomplished and work on that. Please get a journal or a notebook and start writing things down. No, not a "TO DO LIST" that will only stress you out even more. Starting writing down your thoughts, your feelings, your emotions, your pain, your fear, your joys. This is important. So many people never give themselves 10 minutes a day to think...to ponder...to dwell! Don't you deserve a few minutes just to sit and write and think about your emotions? Of course you do! So stop and reflect and journal.

"As the number of studies increased, it became clear that writing was a far more powerful tool for healing than anyone had ever imagined."

—James W. Pennebaker

# Directions to take when Dealing with Stress



The next thing you need to do is **PROCEED WITH CAUTION!**

When getting back on the road called LIFE it is important to realize that you can not control everything that comes your way. Accept that. Realize that sometimes the **ONLY** thing you can do is control how you respond to something that you can't control.

So Acknowledge the stress. Ignoring the stress or the trauma will not make it go away, sometimes it will make it worse. Obviously, if we are talking about some type of physical or sexual abuse, then this should be dealt with immediately. The longer you bottle up all the emotional trauma the worse that this pain could take it's toll on you physically and emotionally. My worst mistake in my life was that I hid the abuse for over 30 years and it almost put me in an early grave. So **ACKNOWLEDGE** what has happened and face it head on.

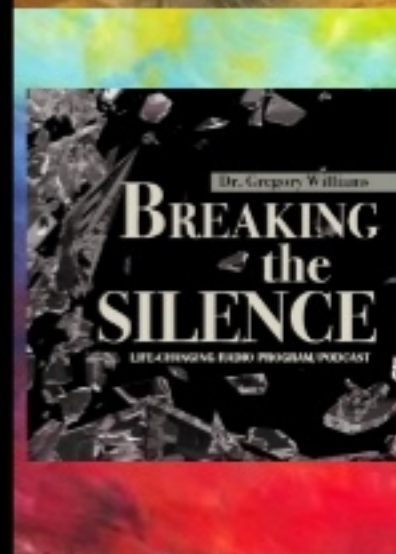
The day that I finally said, "I have been sexually abused!" was the first day of the beginning to my healing journey back to HOPE. Wearing a mask, pretending to be someone that I wasn't, lying to people year after year, saying "I'm FINE!".....does **NOT WORK!** It was only when I acknowledged the trauma and became truthful with myself that healing had an opportunity to start.

Also when I started to Proceed with Caution, I recognized that my pain, abuse, trauma and hurt was not **MY FAULT**. All of the years of shame and guilt were wasted. I didn't ask for this to happen to me. Please hear this: **IT IS NOT YOUR FAULT!**





# "Shattered by the Darkness" BOOK & WORKSHOPS



## Life-Changing Seminars from Dr. Gregory Williams

LOOKING FOR A POWERFUL AND LIFE-CHANGING SEMINAR, PRESENTATION OR WORKSHOP?

DR. GREGORY WILLIAMS OF BAYLOR COLLEGE OF MEDICINE IN HOUSTON, TEXAS TRAVELS THE COUNTRY SHARING HIS PERSONAL HORRIFIC STORY OF SURVIVING A CHILDHOOD FILLED WITH SEXUAL ABUSE AND HOW TO OVERCOME THE AFTERMATH OF SUCH CHILDHOOD TRAUMA.

DISCOVER THE IMPACT OF ADVERSE CHILDHOOD EXPERIENCES AND HOW TO BUILD RESILIENCY IN SURVIVORS.

2019 DATES STILL AVAILABLE. EMAIL: [GAWILLI1@TEXASCHILDRENS.ORG](mailto:gawilli1@texaschildrens.org)

[gawilli1@texaschildrens.org](mailto:gawilli1@texaschildrens.org)

PHONE. 832.396.6525



# Learn about Adverse Childhood Experiences!

The next step is the **SCHOOL ZONE!** Learn about ACEs!

Adverse Childhood Experiences (ACEs) has literally changed my entire life and has given me so many resources for healing, understanding and resiliency. I simply can not say this enough. When I first heard about ACEs I was totally blown away by all the research and information that was available for me to learn about. So I spent the first couple of months just reading, learning, watching webinars on this fascinating subject and now I literally travel the United States teaching and training on ACE research.

If you get nothing else out of this e-book, please get this: Join ACEs Connection.com NOW! It is 100% FREE and I promise you that you will be overwhelmed with your welcome and the amount of information that is there for your benefit. This website not only provides you the in-depth information and research about Adverse Childhood Experiences, but it also allows you to connect with people from all walks of life for great discussions, support and ongoing friendships.

Here is the website: [acesconnection.com](http://acesconnection.com)  
Go there NOW....you will NOT be disappointed.





# Don't forget to take the Scenic Route!



One of the major and important things that you need to do to make sure that you don't miss HOPE on this long journey of life is to understand that you need to take the Scenic Route. Now this may sound confusing to you, but each and every one of us are dealing with our own traffic jams, speed bumps, major accidents and detours in life. One thing that I needed to understand as I was dealing with all my heartache and pain, was to realize that the destination was not my purpose in life. Each step of the journey was what was important.

Let me try to explain this life-changing thought to you as it helped me tremendously. Let's say for instance that I am a freshman in college on my first day of classes and all I can think about is getting that degree on graduation day. Yes, that is my ultimate goal, but there are lots of experiences and things to learn during the next several years that makes that piece of paper signed by the president of the university handed to me during the graduation ceremony that must not be overlooked. If all I am focusing on is the diploma then I am missing all the experiences that I will have a chance to enjoy. For instance, learning all the things from professors that can enlarge my horizons and thoughts, meeting new friends and experiencing life-changing relationships, learning life skills that will help me one day to be a grown adult to help make all my career and dreams come true and so many other things.

I have found that I wasted so many years working and dwelling on my inner pain and my past that I failed to find JOY IN EACH DAY. I missed so many sunrises and sunsets, I missed so many memories of my children that I could have experienced, but missed them by working and not allowing myself to enjoy those times and not realizing how precious they were. Take a "scenic route" and slow down....enjoy. Find JOY in EACH DAY. When you see it, stop and take in every moment of the experience. Life is full of these JOYS. But you have to slow down enough to observe them, experience them and realize these moments are treasures.



# The Final Destination to HOPE!



Please realize that there are so many more turns and road signs to observe on your personal Road Map back to HOPE, but all of these will be looked at in-depth in my next book "Overcoming the Darkness: The Road Map to Hope" that will be coming out in early 2020. This e-book was specifically written to give you a brief look at just a few steps that may be able to help you on your journey today.

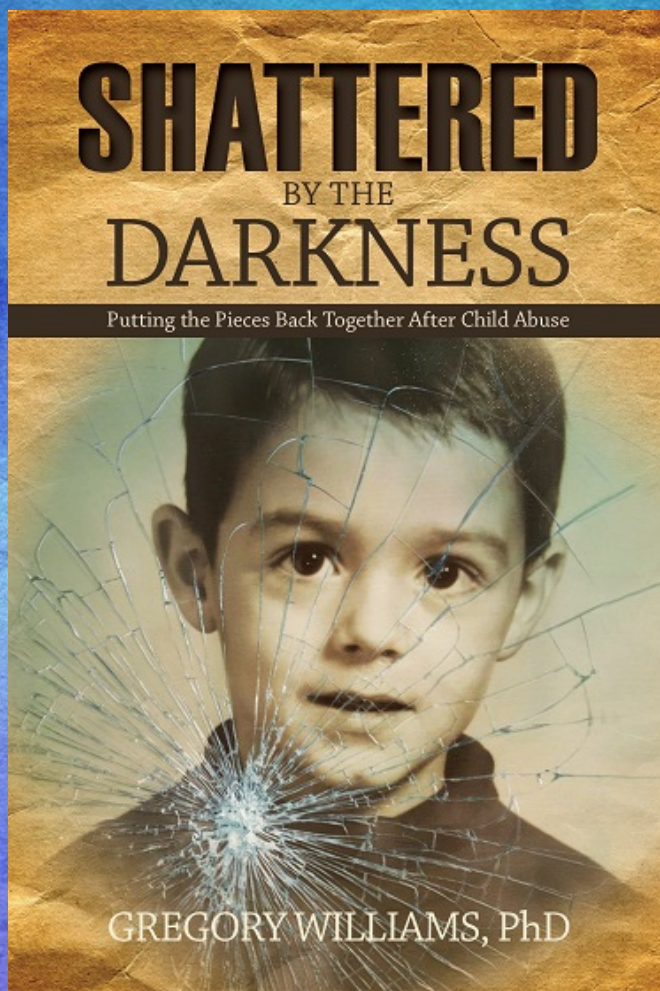
Let me encourage you that as long as you are still breathing, still "above ground"...then there is HOPE. Sometimes the most beautiful sunrise comes just moments after the darkest hour of the night has been experienced. Victor Hugo penned in his book a beautiful line that ultimately became a line and uttered in my favorite Broadway play, "Les Miserables" and it goes like this: "Even the darkest night will end and the sun will rise." Don't just take my word for it or Victor Hugo's even hundreds of years before that the Bible handled this topic and declared in Psalm 30:5, "Weeping may endure for a night, but JOY cometh in the morning."

There is ONE thing that may be in your path blocking your road: FEAR. **F.E.A.R.** can be described as **F**orget **E**verything **A**nd **R**un. But it can have also have another meaning: **F**acing **E**verything **A**nd **R**ise. The choice is **YOURS!**

**Choose HOPE! Choose LIFE! Choose JOY!**

Let me close with a quote from Nelson Mandela, "May your choices reflect your HOPES, not your FEARS."





## Dave Pelzer's review...

of "SHATTERED BY THE DARKNESS"

*"When our life includes horrific acts of abuse it is imperative that we transform those experiences from victimhood to wholeness for not only ourselves, but for all of those to whom our stories speaks. Gregory Williams' story provides a beacon of hope for anyone who has the misfortune of living through such human violations."*

—Dave Pelzer, author of *A Child Called "It"* and National Jefferson Award recipient.

Available now at all Barnes and Noble stores or Amazon.com, booksamillion.com and barnesandnoble.com

Coming in early 2020 from HCI Publishing, the second in the trilogy of books by Dr. Gregory Williams, "Overcoming The Darkness: The Road Map to Hope"

