

From The #1 National Bestselling Author of *How To Find Your One True Love*



WARNING: THIS IS NOT YOUR ORDINARY BO SANCHEZ BOOK

If you've read other bestselling books by the author, you're in for a surprise.

This is NOT like his other books.

Because Bo will not be his usual happy self. As you turn the pages, you'll discover that much of the humor is gone.

Instead, his words will grip you, penetrate you, and burn with fire within you.

Because he recounts how he was sexually abused as a child.

Because he tells us of his own sexual addiction.

Because he shares with you how he healed his inner wounds, overcame his past, and built success on the failures of his life.

This book will fill your life with hope.

For everyone who has failed, for everyone who thinks that life will not change — this book is for you.

Bo Sanchez will tell you that all failures are successes in the making.

He will tell you that your past does not define your future.

YOUR PAST DOES NOT DEFINE YOUR FUTURE

BO SANCHEZ

YOUR PAST DOES NOT DEFINE YOUR FUTURE

Be Free from Enslaving Habits, Receive Healing for Past Wounds — and Start Really Living!

ABOUT THE AUTHOR

Bo Sanchez started preaching at the age of 13 and wrote his first book at the age of 20. He is the publisher and main writer of the **KERYGMA**, the number one inspirational magazine in the country. Today, he continues to preach to millions worldwide. And for years now, his inspirational books have never left the top ten list of bestselling books of the country.

He founded many organizations, such as Anawim, a special home for the abandoned elderly, and Shepherd's Voice, a media ministry that publishes the widest read Catholic literature in the country. He also founded 'Light of Jesus Community' and the 'Light of Jesus Counseling Center.'

But above all these, Bo believes that his first call from God is to be a loving husband to his wife Marowe and a devoted father to his sons Benedict and Francis. They live in Manila, Philippines.

Visit him at www.bosanchez.ph and subscribe to receive a free inspirational email message from him each week.

ISBN 971-92613-5-8



9 789719 261353



by **BO SANCHEZ**



Learn to live a fantastic life
Log on to www.bosanchez.ph

YOUR PAST DOES NOT DEFINE YOUR FUTURE

Be Free from Enslaving Habits,
Receive Healing for Past Wounds —
and Start Really Living!

BO SANCHEZ

Other Books By Bo Sanchez

7 Secrets to Real Freedom

8 Secrets of the Truly Rich

How to Find Your One True Love

How to Find Your One True Love (Book 2)

THE BOSS Series

How To Be Really, Really, Really Happy!

You Can Make Your Life Beautiful

You Have the Power to Create Love

SIMPLIFY Series

Simplify and Live the Good Life

Simplify and Create Abundance

PRAYERBOOKS

Embraced

The Way of the Cross

Special Prayers for the Rosary

**YOUR PAST DOES NOT DEFINE
YOUR FUTURE**

YOUR PAST DOES NOT DEFINE YOUR FUTURE

Be Free from Enslaving Habits, Receive Healing for Past Wounds — and Start *Really* Living!

ISBN 971-92613-5-8

Bo Sanchez

Best-selling author of *Simplify and Live the Good Life*
and *You Have the Power to Create Love*

Copyright © 2004 by Eugenio R. Sanchez, Jr.
4th Reprinting January 2008

Requests for information should be addressed to:
SHEPHERD'S VOICE PUBLICATIONS, INC.
#60 Chicago St., Cubao, Quezon City, Philippines 1109
P.O. Box 1331 Quezon City Central Post Office
1153 Quezon City
Tel. No. (02) 411-7874 to 77
e-mail: sale@shepherdsvoice.com.ph

All rights reserved. No part of this publication may be reproduced, except for brief quotations, without the prior permission of the publisher.

Cover design by Jong Cadelina
Layout by Rey de Guzman

Contents

Introduction	My Story in Blood	9
Part One		
Chapter 1	The Wounding of a Child	13
Chapter 2	Wolf in Sheep's Clothing	15
Chapter 3	Sex Addict	17
Chapter 4	Addiction: A Hunger for Love	19
Chapter 5	My Drug Was Lust	21
Chapter 6	Dying Every Day	23
Chapter 7	The Emotion that Defined Me	25
Chapter 8	To Speak No Evil Is Evil	27
Chapter 9	The Healing Begins	29
Chapter 10	Until You Get Healed	31
Chapter 11	God's Human Face	35
Chapter 12	I Wasn't Desperate Enough	39
Chapter 13	Wanted: Failures	41
Chapter 14	Face the Past	43
Chapter 15	Acknowledge How We Recreate Our Home	45
Chapter 16	Our Homing Instinct	47
Chapter 17	Growing in Awareness	49
Chapter 18	What You Can Feel, You Can Heal	51
Chapter 19	Allow Yourself to Grieve	53
Chapter 20	Seek Loving Friends	57

Chapter 21	Seek Grace Desperately	59
Chapter 22	Receive Love	61
Chapter 23	Revisit Old Truths	65
Chapter 24	The Answer <i>Isn't</i> Just to Contain Sexual Energy	69
Chapter 25	Learn to Rechannel Sexual Energy	73
Chapter 26	Having New Labels	75
Chapter 27	Healing Never Stops	77
Chapter 28	Be Broken to Be Healed	79
Part Two	Actions to Freedom	83
Action 1	Be Honest for a Change	85
Action 2	Write Your Story in Blood	89
Action 3	Stop Blame	93
Action 4	Tell God About Your Reality	99
Action 5	Choose Accountability Partners	103
Action 6	Share Your Reality Consistently	111
Action 7	Work on Yourself Daily	115
Action 8	Love Yourself Daily	119
Action 9	Ask Forgiveness and Make Amends	123
Action 10	Forgive Those Who Have Hurt You	125
Action 11	Help Others in the Path of Healing	127
Action 12	Dream Your Future Home	129
Epilogue		135
Appendix		139

Introduction

MY STORY IN BLOOD

The warning found at the back of this book is true.

I write from my soul, with less humor, because it doesn't seem to fit.

In fact, as I wrote this book, I felt I wasn't writing with ink.

It was as though I had slit my arm with a knife, dipped my pen into the open wound, and written each word with my own blood... all the while wincing in pain, trying to see through my tears.

Bloodletting was an old cure of centuries past. Medieval doctors used it as a last resort for diseases gone very bad.

No wonder I felt so much better after writing this book.

Healing happens in stages.

And this was one of those stages.

Friends, I wrote this book because I want to fill you with hope.

That your healing comes in stages as well.

Sooner or later, you'll have to find a way to write with your blood in order to get healed. By that, I mean opening your lives to someone who will still love and accept you no matter what.

May that first someone be God.

And may you find other wounded healers who will do the same.

I remain your friend,

A stylized, handwritten signature in black ink, consisting of a large, sweeping 'B' followed by a smaller, more intricate flourish.

Bo Sanchez

P.S. This is not only my story. If you think that you'll just be reading about my life, you're wrong. In the second part of this book, you'll find an ACTION MANUAL. I've written TWELVE ACTIONS that you need to take to create a new future for your life. Get your pen ready. We're doing this together.

PART ONE

Learn to live a fantastic life
Log on to www.bosanchez.ph

Chapter One

THE WOUNDING OF A CHILD

I was sexually abused when I was eight years old. My abuser was Billy,* a cousin 10 years older than me.

Because we lived in the city, his parents sent him to us to take up college. So he lived in our house for four years.

I was happy hanging around with him. Perhaps because I was an only son, having him was like having an older brother for the first time in my life. And I was in awe of him! He seemed so strong and skilled and in control.

But his favorite line to me was, *“Do this or suffer the consequences.”* He’d use it when he wanted me to do errands for him, like buy Coke or chips from the *sari-sari* store. He’d use that line when I refused to change the TV channel from my favorite cartoons to a basketball game he wanted to watch.

*Name changed to preserve identity

He also used that line when he abused me sexually.

One day, he asked me to enter his room — and I liked doing that because it was filled with books and other odd items.

First, he showed me a pornographic book filled with nude women. As an eight-year-old kid, I remember not being affected by what I saw, except for a feeling that there was something oddly wrong about what I was looking at.

He then made me lie down on his bed and remove my trousers. Then he lay down beside me and abused me.

I fought him, but he was bigger and stronger. He pushed me down.

He growled, “Stay, or suffer the consequences.”

After abusing me some more, he let me go.

I don’t even recall how I felt after walking out of his room. Perhaps because it was too painful, I shelved it, buried it deep within me to a place I thought I’d never visit again.

I was wrong.