



**LEONIE H. MATTISON, Ed.D.**

*The  
Thread* 

**Adult Coloring Book  
21 Designs Honoring and  
Celebrating Survivors of Abuse**

# The Thread

A D U L T C O L O R I N G B O O K

21 Designs Honoring  
and  
Celebrating Survivors of Abuse

Visit [www.leoniemattison.com](http://www.leoniemattison.com) For Free Printable Adult Coloring Pages

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Have a question or concern? Let us know.

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# The Thread

By LEONIE H MATTISON

Our lives are woven by careful threads;  
They were intertwined to create moments.  
The laughter, the smiles, and love we share,  
The pain, the hurt, and tears we shed.

She thought some threads were misplaced;  
They stuck out to make an imperfect tapestry.  
But when the tears stopped flowing,  
Her sight became clear, and a new light shone.

Each pain brought her closer to His love;  
Each tear was for a greater good.  
The hate she felt soon faded away;  
Her faith and hope became vigorously renewed.

It takes courage only a few women can master.  
To make her the transformed woman, she always knew she was.  
She is treasured, humble, resilient, energetic, ambitious, and destined for great things,

For the colors of her threads make her realize the worth of the masterpiece she's designed.



# Welcome

*We have become his poetry, a re-created people that will fulfill  
the destiny he has given each of us, for we are joined to Jesus, the Anointed One.  
Even before we were born, God planned in advance our destiny  
and the good works we would do to fulfill it!*

Ephesians 2:10 The Passion Translation (TPT)

At the age of twenty-three when I developed severe bouts of Bell's palsy, a condition where the muscles become weakened or paralyzed on one half of the face, my world changed. Then about ten years after my recovery from Bell's palsy, during my yearly physical, my doctor found three lumps in my breast and sent me for a mammogram. The result confirmed that I had three masses that needed to be removed ASAP. At the time, I had been offered a new employment position in another state. The stress I went through as part of uprooting and starting a new chapter in my life led to a stroke and near-death experience.

As a result of these life-threatening medical issues I lost my identity and felt unworthy, valueless, and helpless. Posttraumatic stress disorder left me a prisoner in my soul and trapped in my mind. When I looked at myself in the mirror, I saw a girl with a sick soul, a noisy mind, a broken heart, an imperfect body, and a life shattered beyond repair. I needed a change—a release from the place, perspective, and stronghold of bondage that kept me stuck. It was a matter of life or death.

While I was waiting for my symptoms to alleviate, I developed a love for reading, writing poetry, and exploring with art therapy. According to the American art therapy association “helps to improve cognitive and sensorimotor functions, foster self-esteem and self-awareness, cultivate emotional resilient.” For me, art therapy has helped me to heal and grow spiritually and emotionally.

This adult coloring book is designed as a spiritual tool to help bring hope to survivors who are healing beyond trauma. My prayer is that the 21 patterns will help you relax, unwind, and express your creativity. You will love this coloring book because it offers:

- 21+ designs featuring courageous, beautiful, and confident women from various cultures and ethnicities.
- 21+ inspiring quotes to encourage you and give you the hope you need to keep going.
- Fun Prompt art activities to engage your senses in the present moment, a happy place of radiating positive energy!
- Take Action to help you identify the beliefs and habits you want to keep, release, and establish to achieve your vision of success.
- Reflective, Journaling space is an invitation to slow down and align your heart with your true God-ordained identity.

Have fun! Spark your creativity and unleash your inner artist.

Happy coloring!

A handwritten signature in black ink that reads "Lenei Mathison". The signature is written in a cursive, flowing style with a long, sweeping tail on the letter "n".



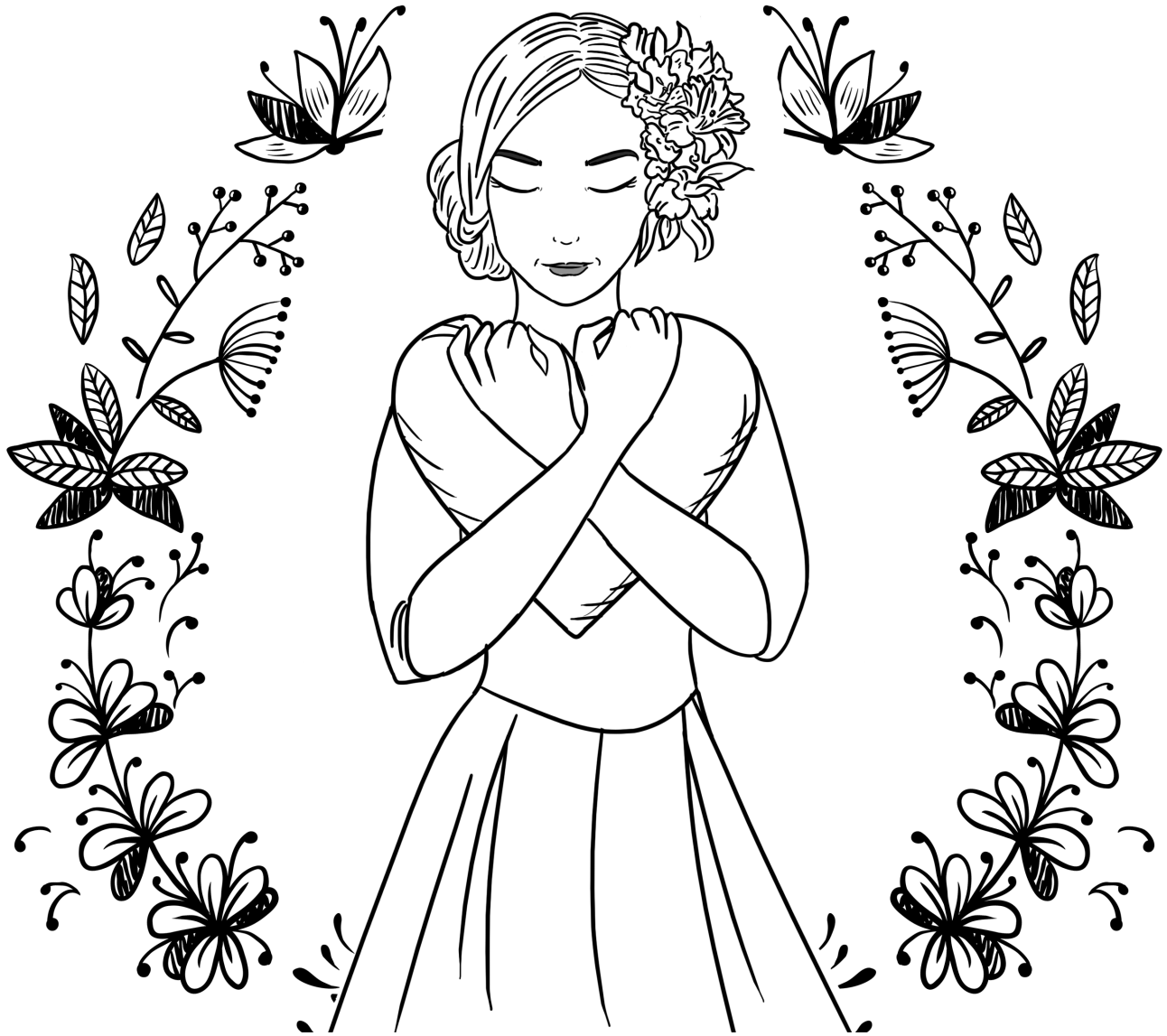
*This book belongs to*

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# I AM LOVED





Take  
*inspired actions*

*“Love yourself,  
so self-love  
doesn’t feel like a stranger  
when you fall  
on hard times.”*

Leonie H Mattison

Fun Prompts

Write down twelve words that describes you best.



*Time for Self-Reflection* 

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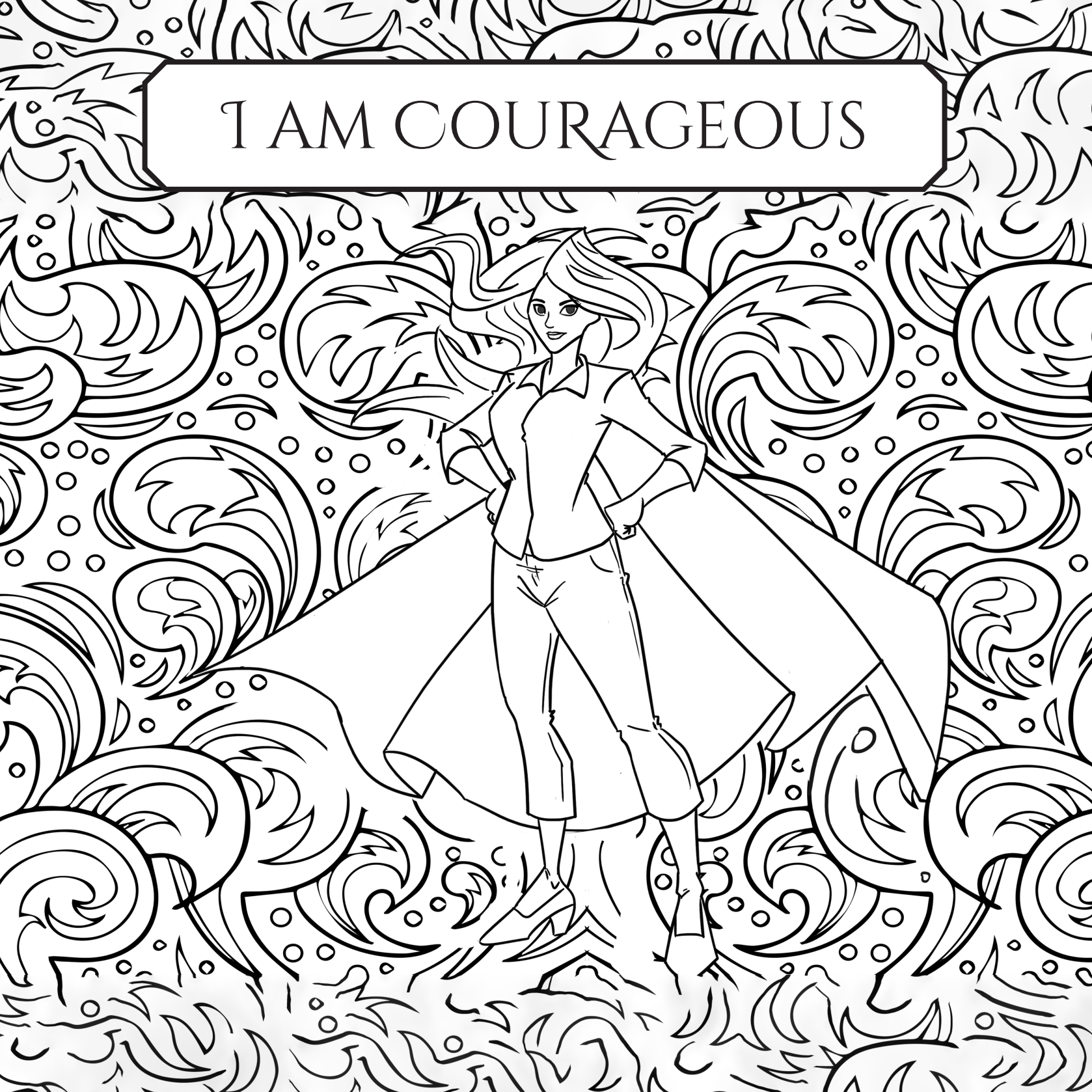
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**Date:** \_\_\_\_\_

I AM COURAGEOUS





## *Take inspired actions*

*“Press diligently towards your healing,  
for along the journey,  
you will gain full access to God’s peace,  
purpose, promise, power,  
and the path to fulfilling your destiny.”*

Leonie H Mattison

Fun Prompts

*What do you already love about yourself? Write it!*



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*Time for Self-Reflection* 

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**Date:** \_\_\_\_\_





I AM  
A  
CONFIDENT  
WOMAN



# Harvest lessons learned

*“Every experience has a lesson  
to teach those who are willing to learn.”*

Leonie H Mattison

Fun Prompts

List six things you do daily that inspires self-love and makes you feel worthy, valuable, and important.



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*Time for Self-Reflection* 

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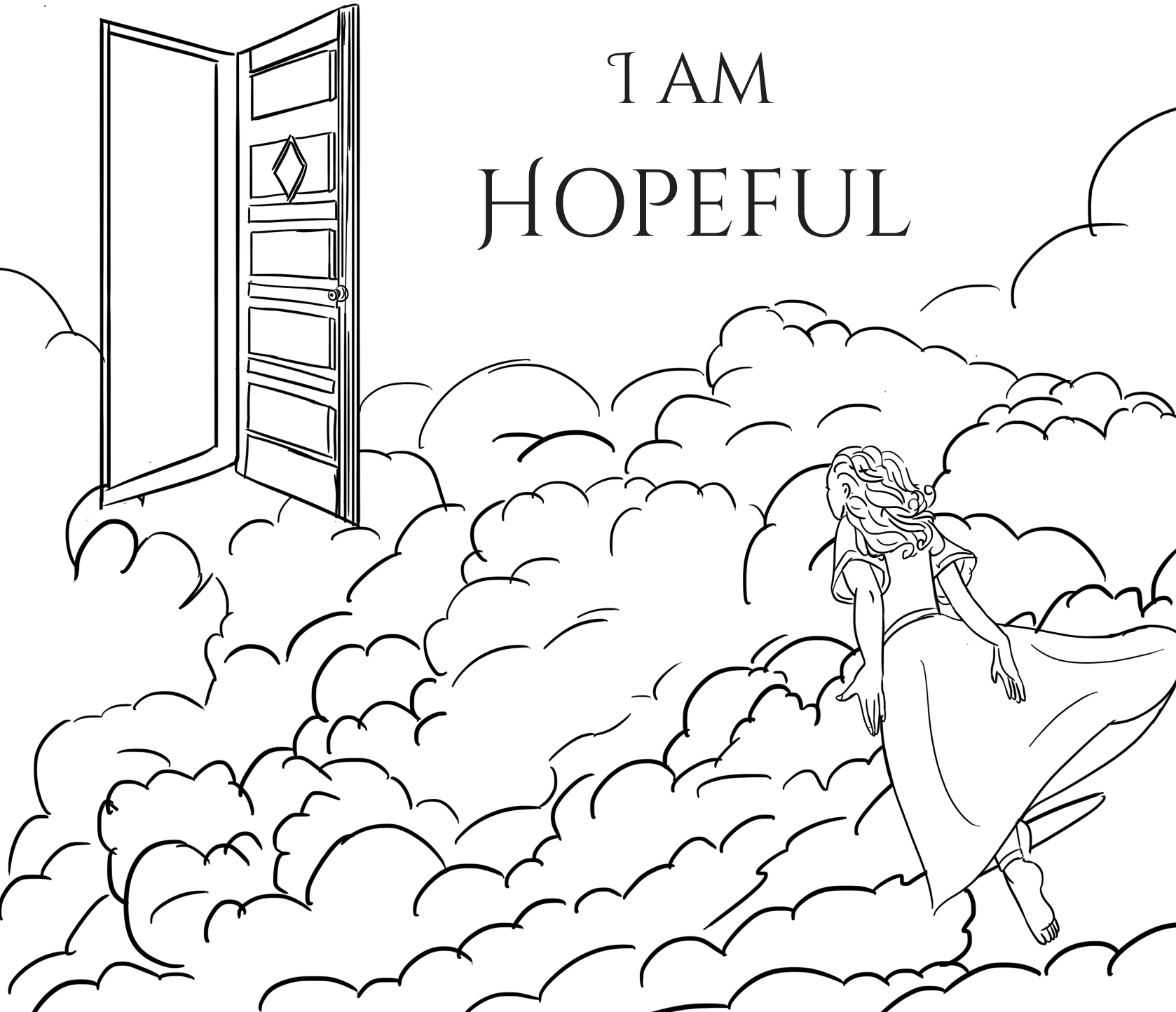
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**Date:** \_\_\_\_\_

I AM  
HOPEFUL





# *Harvest lessons learned*

*“Do not allow fear or anxiety  
to make a failure out of your faith  
or refrigerate the soul.”*

Leonie H Mattison

Fun Prompts

*Write down six lively songs, find them online, and dance like no one's watching.*



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*Time for Self-Reflection* 

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**Date:** \_\_\_\_\_



I AM HAPPY





*Release fear  
and reject regret*

*“Then suddenly,  
she leaned into the music of her soul.  
Before long, she began to dance joyfully  
to the rhythm of its radiating love.”*

Leonie H Mattison

Fun Prompts

Write down your favorite top five songs that lift you up and get you firing on all cylinders.



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*Time for Self-Reflection* 

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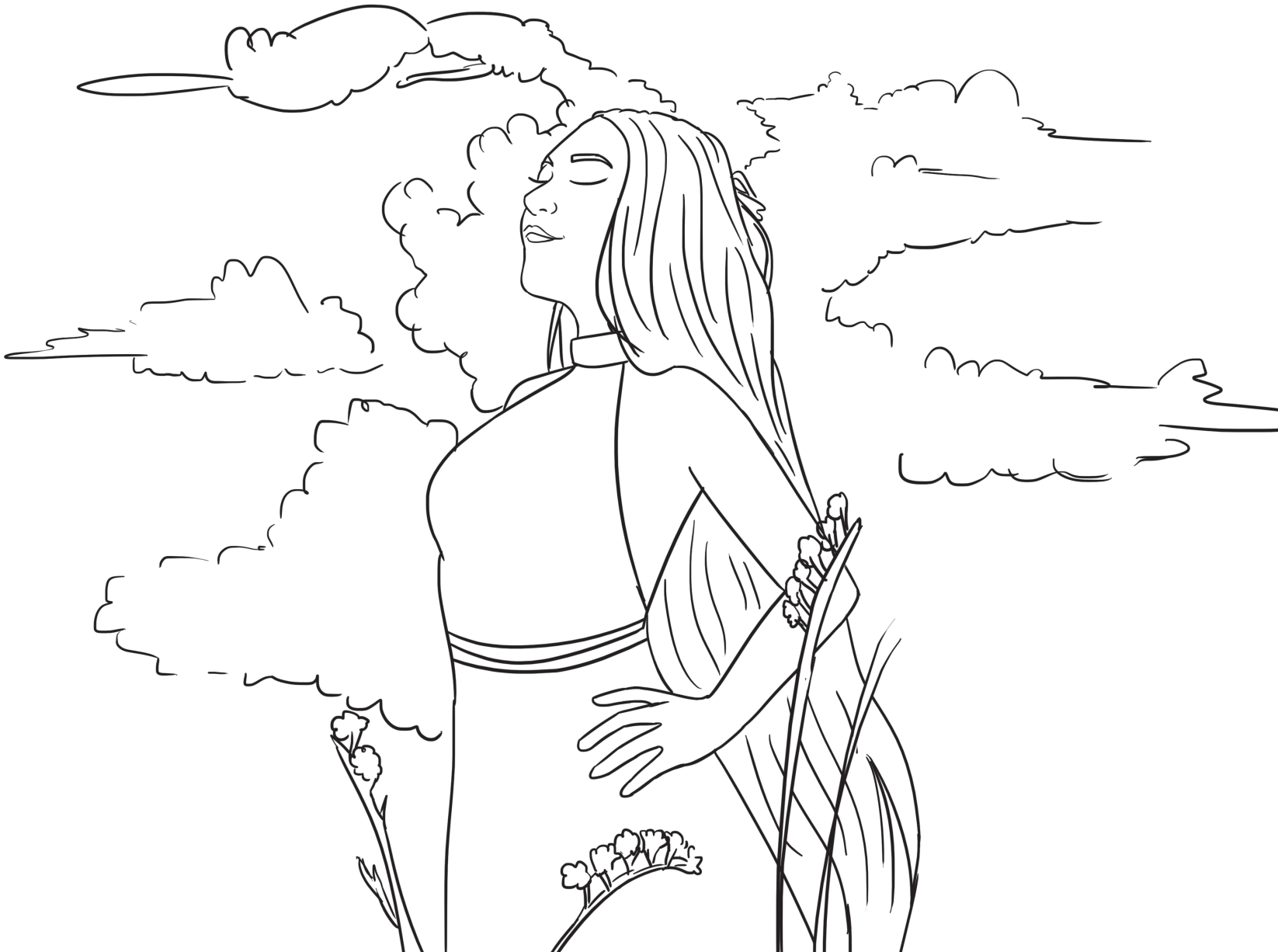
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**Date:** \_\_\_\_\_

# I AM A WARRIOR





*Release fear  
and reject regret*

*“She asked her soul,  
what do we want and need?  
It whispered softly,  
to live the highest  
and most fulfilled  
expression  
of our God-ordained  
purpose.”*

Leonie H Mattison

Fun Prompts

Write them down six things that's holding you back from accepting your true purpose.  
Now the only question that remains is: Are you ready to let it/them go?



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*Time for Self-Reflection* 

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**Date:** \_\_\_\_\_





*I pray that you will never ever feel disconnected  
from who you are again.*

*The End*

## CONNECT WITH DR. LEONIE MATTISON:

- [Twitter.com/leoniemattison](https://twitter.com/leoniemattison)
- [Facebook.com/LeonieMattison](https://facebook.com/LeonieMattison)
- [Instagram.com/leoniehmattison](https://instagram.com/leoniehmattison)

## MY BOOKS

**The Thread Collection:** Self-Help, Adult Coloring, Devotionals, Prayer Journal, Children's book, and more.



Available:

<https://www.leoniemattison.com/store/>

## DISCLAIMER

The information provided in the thread collection is offered for educational and informational purposes solely, and it is made available to you as a self-help tool for your use. Reasonable care is taken to ensure that the information presented is accurate to the best of the Author's knowledge, news, and belief.

Before going further, I need to categorically state that this book is not an indictment of the Christian church or any church. It is not a vehicle to seek revenge for past wrongs (*no matter how horrible*), nor is it meant to undermine men or men in ministry. This book is strictly about healing and drawing closer to God than you have ever imagined possible. This book is written with a focus on the many waves of abuse women suffer (physical, mental, sexual, and spiritual), but it can also be used by anyone who wants to overcome shadows from the past that are holding them back.

In addition, the circumstances I have written about are an important part of my story, but the names of individuals have been changed, characters have been combined for brevity, and locations have been switched to protect the innocent as well as any other victims who have chosen not to be identified. I have added an undeniable example of God's ability to transform those horrible experiences into a beautiful quilt that would glorify His love, power, and personal care

The information in the thread collection is not intended to be a substitute for professional medical advice, diagnosis or treatment that can be provided by your own Medical Provider (including doctor/physician, nurse, physician's assistant, or any other health professional), Mental Health Provider (including psychiatrist, psychologist, therapist, counselor, or social worker), or member of the clergy.

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**THIS ADULT COLORING BOOK IS  
DEDICATED TO ALL WOMEN  
WHO HAVE SURVIVED ABUSE.**

You've survived the trauma. You're alive. I honor your tenacity. I celebrate you and I'm holding the light of hope for you as you rise to find the courage to live and forge ahead. Keep going.

Don't give up.  
Don't turn back.  
You are of tremendous  
value to the world.

Illustrated by:  
Abeerah Muzzamil