

Celebrity News: Jill and Jessa Duggar 'Have Forgiven' Josh Duggar Post-Molestation Scandal



By

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In recent celebrity news, Jill and Jessa Duggar have forgiven their brother Josh Duggar for the molestation that occurred when they were children. The whole family received therapy and counseling to get through this traumatic and tough situation. The girls opened up about the road to forgiveness and moving forward. According to UsMagazine.com, "On the subject of forgiveness, Kelly says the message was clear. He has been forgiven. 'They told me that,' she said. 'They also talked about the journey from the pain to the forgiveness, and it was

not without some bumps in the road. All of the children went through counseling, all of them, not just Josh, not just the victims, all of them went through licensed therapist counseling to try to get through what happened.'”

Not all celebrity news is uplifting. What are three steps to take if you feel you've been molested?

Cupid's Advice:

Molestation is a personal violation, and it's one to be taken seriously. Cupid has some relationship advice:

1. Talking helps: With all things in life, talking helps and heals. It's not good to keep things bottled up inside, Talk to a therapist or counselor who is trained and experienced with dealing with this type of traumatic situation. It's important to realize that it's not your fault, and you are not to be blamed. A counselor and therapist will be able to listen to you without criticism, negativity and judgement. It's also anonymous, so you don't have to worry about anybody finding out what you want kept quiet.

Related Link: [Find Out the Duggar Family's 5 Rules for Relationships and Love](#)

2. See a doctor: When incidents like these occur, it's always better to be on the safe side and see a physician. You should get checked out by your doctor to make sure everything is okay physically, mentally and emotionally.

Related Link: [Jill Duggar and New Husband Derick Dillard Are Expecting First Child](#)

3. Find a support system: There are support groups that focus on molestation and rape. It may help you to reach out to these organizations in order to learn that you are not alone. Talking with people who understand what you are truly going through can help you to cope. It helps to relate to people and we bond with those who share experiences with us.

What are some ways you know help deal with a molestation incident? Share your stories with cupid below.