

## Symptoms of the Impact of Sexual Abuse

It is important to identify the impacts of sexual abuse. This trauma often leaves people in an extreme emotional state in which they experience powerful thoughts, feelings, and behaviors.

*Place a check mark in front of the symptoms of the impact of sexual abuse that you recognize in yourself.*

- Addictions such as food, drugs, shopping
- Anger
- Anxiety
- Avoidance of certain situations and people
- Boundary issues
- Confusion
- Depression
- Desire to harm self
- Detachment while having sex
- Disconnect from my body
- Disturbing sexual thoughts
- Embarrassment
- Empty feeling
- Fear of a certain type of person
- Fear of a physical medical exam
- Fearful of \_\_\_\_\_
- Feeling worthless or "dirty"
- Feelings of being a victim
- Guilt
- Hatred of body
- Helplessness
- Inability to enjoy sex
- Isolation from people
- Lack of control of feelings
- Loss of self-acceptance
- Low self-esteem
- Negative view of sex
- No interest in sex
- No interest in intimate touch
- Numb feelings
- Panic attacks
- Poor body image
- Problems with rage
- Relationship issues
- Sadness
- Self-mutilation
- Self-rejection
- Sexual addiction
- Shame
- Social isolation
- Suicidal thoughts

*(Continued on next page)*

## Symptoms of the Impact of Sexual Abuse *(Continued)*

- Terror of seeing a certain person
- Trust issues
- Unrealistic expectations of self
- Unsafe sex
- Unusual response when touched

What checked symptom do you want to focus on first? \_\_\_\_\_

What checked symptom do you want to focus on second? \_\_\_\_\_

What checked symptom do you want to focus on next? \_\_\_\_\_

With whom can you discuss this? \_\_\_\_\_

## IF I Don't, Why I Don't Want to Tell My Story

Your healing journey after sexual abuse is not complete until you tell your story.

**Sharing your story can be a liberating experience.**

*In the spaces below, explore the reasons you are (or have been) reluctant to tell your story.*

<b>My Reasons</b>	<b>Why this May be Invalid</b>	<b>Things I Can Say to Myself To Reframe the Thought</b>
<i>EX.: My abuse was not as bad as what happened to others.</i>	<i>Everyone's sexual abuse is difficult for them, no matter what happened.</i>	<i>It was terrible for me at the time! I have someone I trust whom I can tell.</i>
My abuse was not as bad as what happened to others.		
I don't want to seem like a victim.		
I am embarrassed about what happened.		
I should have done more to stop it.		
I was warned or threatened not to tell anyone.		
I am afraid of how others will react or will think of me.		
It was someone I love or once loved.		
Other.		

## My Story

### Telling one's story is part of the healing journey!

Many people who experience the trauma of sexual abuse feel guilty, ashamed or embarrassed to tell anyone their story.

*In the space that follows, write about the trauma that you experienced in as much detail as possible.*

**You do not need to share it.**

Use the back of this page if you need additional space.

A large, empty rectangular box with a thin black border, intended for the user to write their story. It occupies most of the lower half of the page.