What Will People Think of Me?

1. When others hear what happened to me, they may think that I ________________
_________________________________________________________________.

2. I worry that I am the only one who ________________________________
_________________________________________________________________.

3. If I share some of the things I am scared to say, other kids may ____________
_________________________________________________________________.

4. People might think I’m weird if I tell them about ______________________
_________________________________________________________________.

5. The hardest thing for me to tell about is ______________________________
_________________________________________________________________.

6. I was warned that other kids might say ________________________________
_________________________________________________________________.

7. I worry that if I tell everything that happened to me, ____________________
will get in trouble.

8. I would feel better talking about this if ________________________________
_________________________________________________________________.

Resource: Group Treatment for Sexually Abused Children.

CBT+