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. Harborview CBT+ 03