

Numbness

- In the beginning, many children have no feelings about the abuse. They are “numb” to feelings about the abuse (numb means not feeling anything . . . kind of blah, kind of gray and foggy).



- It is like what the dentist does when he gives you a shot so you won't feel it when he has to fix a cavity and use the drill.
- For some children, there were so many bad feelings connected to the abuse they needed to be numb and not feel anything.
- For some children, it was just too painful to think about, so they made themselves numb.
- Other children are afraid what would happen if all their feelings came out at once.



- Now that you are safe and not in any danger, you can let the numbness go away. You can take as much time as you want to let your feelings come out.
- Instead of being afraid of being angry, think of anger as a mask. This angry mask covers up the feeling of not being safe.
- When you uncover those other feelings, you will find new and better ways to feel safe now, like . . .