

# Feelings Children Have

*All children who have been abused have some worries and feelings they don't like and may not understand. Listed below are some of the feelings children have had. Please check or color over those feelings you may be having or have had:*

- "It was my fault."
- "I caused a lot of problems."
- "I feel different from other kids my age."
- "I feel really sad all the time."
- "I should be in trouble too."
- "I'm really scared, and I don't know what to do."
- "I should have been able to stop it."
- "I made more trouble by telling."
- "Nobody understands how I feel."
- "I wish I could hurt the person who hurt me."
- "I'm really mad."
- "I did something wrong."
- "I should have told sooner."
- "I'm going to get in trouble."
- "I shouldn't have told, now everything's a mess."
- "There is something wrong with me."

Other feelings you have had:

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