



# Telling the Secret

1. What did \_\_\_\_\_ tell you might happen if you told about being molested? \_\_\_\_\_

\_\_\_\_\_

2. Describe how it felt to keep this secret. Did you want to tell someone? Who? \_\_\_\_\_

\_\_\_\_\_

3. Did you try to tell someone? How? \_\_\_\_\_

4. How old were you when people found out you were being molested? \_\_\_\_\_

5. How did you parent(s) find out you were being molested? \_\_\_\_\_

6. How did you feel after it was discovered? \_\_\_\_\_

7. Did your parents believe you? If not, did this change? \_\_\_\_\_

8. What happened after people knew? Who interviewed you? \_\_\_\_\_

9. What happened to the perpetrator? Did you have to leave? \_\_\_\_\_

10. Did the perpetrator admit or deny molesting you? What did the person say about it? \_\_\_\_\_

CBT+