

Feelings About Being Abused



1. I would like to hide from people so I don't have to talk about it.

never almost never sometimes almost always always

2. I want to cry.

never almost never sometimes almost always always

3. I should have been able to stop it.

never almost never sometimes almost always always

4. I thought s/he really did care for me.

never almost never sometimes almost always always

5. I feel like a good person.

never almost never sometimes almost always always

6. There was nothing I could do to stop it.

never almost never sometimes almost always always

7. I think s/he had no right to hurt me.

never almost never sometimes almost always always

8. I don't understand why it happened.

never almost never sometimes almost always always

Resource: Group Treatment for Sexually Abused Children.

Harborview CBT+ 07