

How the Abuse has Affected How I See Myself:

Regarding	Before	Right After	1-2 Months After	Now
My body image				
Not liking myself				
Wondering of other people will like and respect me				
My ability to make good choices				
My sense of independence				
Feeling loved				
Feeling all alone				
Being proud of myself				
Being able to concentrate				
Being able to solve problems				
OTHER??				