Telling Each Other What Happened

Read these instructions: You should only tell as much as you feel you can. When you are
too embarrassed, you can say so. 1. How old were you when you were first molested?
2. Who molested you?
3. What was it like being with the person before he molested you?
4. Did he treat you differently after he began molesting you?
5. Tell about the very first time you were molested. (What did he say to you? How did he touch you? Did you touch him?)
6. After the first time, did he keep touching you in the same way, or did it change? How did it change?
7. Where did it happen?
8. When did it happen? (time of day, certain day of week, etc.)
9. How often did he molest you? (once, daily, once a month, every week) And for how long? (once, a few months, longer)
10. Where was everyone else in the family when you were being molested?
11. Did anyone else see you being molested or know about it?
12. Did the perpetrator molest anyone else you know?
13. If yes, did you see them being molested?
14. How did it feel to tell about what happened?
Resource: Group Treatment for Sexually Abused Children. CBT+