

Telling About What Happened

These questions might help you begin to tell about what happened so you won't feel so bad. Do your best to answer. Your counselor is here to help.



1. How old were you when you were first molested? _____

2. Who molested you? _____

3. What was it like being with the person before they molested you?

4. Did they treat you differently after they began molesting you? _____

How? _____

5. Tell about the very first time you were molested. (What happened? How did you feel? What were you thinking?)

6. Tell about a time that was most upsetting. What made it so upsetting? Be sure to include what you were thinking and how you were feeling.

7. How did it feel to tell about happened?

8. Now that it is over, what do you think what happened??
