

# Thoughts and Feelings Children Have

*All children who have been abused have some thoughts and feelings they don't like and may not understand. Listed below are some of the thoughts and feelings children have had. Please check or color over those thoughts and feelings you may be having or have had:*

## Feelings

- Really sad
- Helpless
- Mad/Angry
- Hurt
- Unlovable
- Really scared/frightened
- Embarrassed
- Ashamed
- Anxious
- Confused

## Thoughts

- It was my fault
- I shouldn't have told, now everything's a mess
- I should have been able to stop it
- No one understands me
- I wish I could hurt the person who hurt me
- There is something wrong with me
- I'm going to get in trouble
- I feel different from other kids my age
- I should have told sooner
- No one cares