

Characteristics of Survivors of Abuse

Survivors of Abuse often...

- ◆ Hesitate to identify themselves as victims of abuse.
- ◆ Feel isolated, depressed, worthless, shameful and helpless to change.
- ◆ Struggle with negative feelings about God.
- ◆ Condemn themselves as responsible for the abuse.
- ◆ Deny that being abused in the past somehow affects present circumstances.
- ◆ Lack self-control; feel defeated in areas of compulsive behaviors.
- ◆ Feel angry and/or bitter.
- ◆ Have trouble with authority figures.
- ◆ Have difficulty trusting others or place unwarranted trust in unsafe individuals.
- ◆ Lack self-worth.
- ◆ Are preoccupied with thoughts of what it means to have a “normal” relationship with others: friends, family, the opposite sex.
- ◆ Lack a healthy sexual identity.
- ◆ Act in sexually inappropriate ways.
- ◆ Question their self-identity—“Who am I?”
- ◆ Question whether life has a purpose or is worth living.
- ◆ Feel “at home” in crisis situations.
- ◆ Struggle with perfectionism or “all or nothing thinking”.
- ◆ Desire or fantasize about a better life.