

Survivor Effects

Sexual assault can have many different affects on survivors. Survivors may use any number of coping mechanisms, some of which are harmful.

Possible affects of sexual assault:

- loss of self-esteem
- shame, humiliation, guilt, or anger
- powerlessness
- feeling ugly or embarrassed by body
- physical symptoms of stress: headaches, stomach problems, eating, and sleeping problems
- anxiety, depression, shame, anger, rage, or fear
- shock or disbelief
- disconnectedness
- feeling frozen or numb
- loss or grief
- mood swings
- being hyper-alert
- a desire to withdraw
- aggression
- flashbacks
- fear of being alone
- fear of future attacks
- nightmares or other sleep disturbances
- difficulty concentrating
- difficulty trusting others
- difficulty being emotionally close with others
- no desire for sexual intimacy