COPING SKILLS FOR SEXUAL ABUSE

WHAT ARE COPING SKILLS?
They are ways to handle stress and big feelings.

If someone has abused you, you may feel:

- Grumpy or Bothered
- Angry
- Sad
- Tired all the time
- Confused
- Worried or Nervous

You May Also Feel:

- Like you no longer care about things that used to be important.
- Like it's hard NOT to think about the abuse.
- Like you want to avoid everything and everyone that reminds you of the abuse.

COPING WITH YOUR FEELINGS

Learn to identify your feelings. Practice naming the emotions you feel, understand what happens in your body when you feel different emotions and how different people, places, and things lead you to feel different emotions.

Tell the people who care about you, like family and trusted friends, about your feelings.

- Watch TV or a movie
- Color or draw
- Listen to music
- Write in a diary
- Take some time to be alone
- Play with pets
- It may also help to talk to a therapist or counselor who can help you learn about your feelings and solving problems that lead to negative feelings.

Remember it's never your fault that you were abused!

www.paautism.org/BeSafe

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