

# Survivors' Reactions to Sexual Assault

## Emotional

Fear  
Shock  
Sense of unreality  
Sense of disbelief  
Numbness  
Depression  
Anxiety  
Embarrassment  
Humiliation  
Powerlessness  
Guilt

Shame  
Mood Swings  
Anger  
Irritability  
Hopelessness  
Despair  
Helplessness  
Low self-esteem  
Sadness  
Vulnerability

## Physical

Soreness  
Physical Injuries  
Eating disorders  
Sleep disturbances  
Nightmares  
Somatic illness  
Muscular tension  
STI's  
Pregnancy

## Cognitive

I deserved this because...  
I could have stopped this.  
No one will believe me.  
I can just forget it happened.  
Why did this happen to me?  
What will they think?  
Confusion  
Flashbacks  
Difficulty concentrating  
What if...?  
Age regression

## Social

Withdrawal  
Afraid to be alone  
Less productive  
Uncomfortable around others  
Difficulty relaxing  
Afraid, nervous in crowds  
Difficulty trusting others  
Difficulty with intimacy  
Sexually aggressive  
Hypersensitive to others  
Apprehension of other gender

Adapted by LACASA from the Assault Crisis Center, Ypsilanti, Michigan.



Abuse impacts on humanity and on society; therefore, LACASA is committed to diversity and to serving all individuals.

### COMPREHENSIVE SERVICES CENTER

2895 W. Grand River Avenue  
Howell, MI 48843  
Phone (517) 548-1350  
Fax (517) 548-3034  
TTY (517) 548-0781  
info@lacasa1.org  
www.lacasa1.org

24-HOUR  
TOLL-FREE CRISIS LINE  
(866) 522-2725