

# Thoughts and Feelings After a Trauma

Most people who experience abuse or assault will have thoughts or feelings they don't like and might not understand. Listed below are some common thoughts and feelings.

## Feelings

- Very sad
- Helpless
- Mad/Angry
- Hurt
- Unlovable
- Very scared/frightened
- Embarrassed
- Ashamed
- Anxious
- Confused
- Dirty
- Regretful
- Hopeless
- Aggressive
- Withdrawn

## Thoughts

- It was my fault
- I shouldn't have told anyone
- 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
- I will never get better
- I'm not normal
- Everyone thinks I'm (bad/gross/stupid)
- I'm worthless
- No one can help me