

SYMPTOMS OF CHILDHOOD SEXUAL ABUSE IN ADULT WOMEN

Low Self-Esteem – Being told over and over again that you are no good; you are nothing.

Lack of Healthy Boundaries – You can't say NO to anyone and you feel like you have no right to. When someone says NO to you, you always feel rejected.

Rage – People say you have terrible rage within you and you know what they say is true. You never want to scream and yell like you do, but you can't seem to help it.

Perfectionism – You are over-critical because you want everything and everyone to be in perfect order.

Addictions – You use chemicals (alcohol and/or drugs) to take away your pain.

Memory Block – You don't understand why you can't remember your childhood. Where is mine, you ask yourself. You can't even remember holidays.

Fear – You fear being left alone, being abandoned, and you even fear the unknown of what may happen.

Depression – You feel that you have nothing to look forward to now or in the future. All you want to do is go to sleep.

Self-destructive Behavior – You go from one conflict to another with friends and family. You know that when you lie you will get caught but you do it anyway.

Trust Issues – You may have difficulty trusting anyone. You feel that if you trust someone, they are going to control you.

GRIEVING

Sexual Abuse is the most personal and damaging form of betrayal. Nothing in life can separate us from healthy relationships and from a relationship with God more than childhood sexual abuse. Because we have been violated, we do not have healthy boundaries nor are we able to trust. We have a tendency to isolate ourselves and live our life in emotional turmoil.

THERE IS HOPE!

Many survivors believe that they can never be healed from sexual abuse and they feel hopeless. You may think you can't trust God because He did not protect you from the abuse, but I want to assure you that He hated it as much as you did. As you work through the healing process, and with Christ as your Savior, you will find your sadness can be turned into joy.

COVERED TOPICS

Discovering Hope, Telling Yourself the Truth, Out of the Darkness Into the Light, Felling the Anger and Hurt, Healing Loneliness and Fear, Begin to Trust Again, and Forgiveness.

"He heals the brokenhearted, and binds up their wounds." Psalm 147:3