*SELF-AWARENESS ACTIVITY: HOW DO YOU KNOW*

*IF YOU WERE SEXUALLY ABUSED?*

(Weinhold and Weinhold, 1989)

The following is a short inventory of adult behaviors that can help you discover the symptoms of childhood sexual abuse, even if you don’t have any memories of such abuse. Read each question and answer each one "yes" or "no."

\_\_\_\_\_Do you have a fear of going "crazy"?

\_\_\_\_\_Do you have large time gaps of memory loss

about your childhood?

\_\_\_\_\_Are you more than 50 lbs. overweight?

\_\_\_\_\_Were you physically abused as a child?

\_\_\_\_\_Have you ever sexually abused someone else?

\_\_\_\_\_Does sex turn you off?

\_\_\_\_\_Do you have trouble maintaining an intimate

relationship?

\_\_\_\_\_Are you ashamed of your body?

\_\_\_\_\_Do you sexualize relationships even when you

don’t want to?

\_\_\_\_\_Do you regularly experience migraines,

gastrointestinal or genital-urinary disturbances?

\_\_\_\_\_Do you have a general sense of depression that

you can’t shake?

\_\_\_\_\_Do you "freeze" in certain situations, such as

when you encounter an authority figure or in

certain sexual situations?

\_\_\_\_\_Are you afraid of having children or afraid of being

around them?

\_\_\_\_\_Are you accident-prone?

If you answered "yes" to *two or more* of these questions, you may have experienced sexual abuse as a child. If you have these symptoms, but no memory you can (1) read accounts of how others remembered, (2) talk to other people who experienced sexual abuse as a child, or (3) enter psychotherapy.