

# 3 Main Areas of The Impact of Sexual Trauma

## Depression



- Sadness
- Unhappiness
- Hopelessness
- Affects Behavior
- Relationships With Others
- Interrupts Thought Processing

## Defining Depression

Depression is a mood disorder that occurs when feelings associated with sadness and hopelessness continue for long periods of time.

## Flashbacks



- Feels Like Past Trauma is Happening Now
- Difficult to Connect with Reality At Time
- May Feel Like The Perpetrator is Physically Present

## Defining Flashbacks

Flashbacks can be triggered by fairly ordinary experiences connected with the senses, like the smell of someone's odor or a particular tone of voice. It's a normal response to this kind of trauma.

## PTSD



- Re-experiencing
  - reliving through flashbacks & thoughts
- Avoidance
  - Changing behavior to avoid scenarios associated with an event you used to enjoy
- Hyper-arousal
  - usually on edge
  - difficulty sleeping
  - easily startled
  - prone to sudden outbursts

## Defining PTSD

PTSD is an anxiety disorder that can result from a traumatic event. You may have heard the term used in relation to the military, but it can apply to survivors of any type of trauma, including sexual violence. Survivors might experience uncharacteristic feelings of stress, fear, anxiety, and nervousness—and this is perfectly normal. With PTSD, these feelings are extreme, can cause you to feel constantly in danger, and make it difficult to function in everyday life.

**Sexual violence can have psychological, emotional, and physical effects on a survivor. These effects aren't always easy to deal with, but with the right help and support they can be managed. Learning more can help you find the best form of care to begin the healing process.**



Helping The Body of Christ With Relationships That Aren't Working

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