

self help guide:
easy read

Introduction

This booklet is for survivors of sexual abuse.

This booklet says about how people who have been abused might feel.

This booklet will give you ideas about how to feel better.



Feelings

If you have been abused you might feel:

Angry



Sad



Tired



Feelings

If you have been abused you might feel:

You want to
stay in bed



You might sometimes
feel sad and
sometimes feel ok



Confused



Feelings



- If you have been abused you might feel like you don't trust people
- If you have been abused you might feel scared of being touched
- If you have been abused you might feel scared even when you are safe
- If you have been abused you might feel scared of busy places



Thoughts

Flashbacks

Flashbacks are like having a nightmare when you are awake.



Nightmares

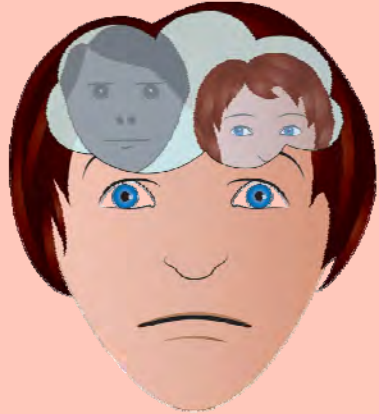
A scary dream. You might have nightmares about what happened to you.



Thoughts

Memories

You might keep remembering scary things. It can be hard to make the thoughts go away.



Self Harm

you might want to hurt yourself.



Triggers



You might hear, see, feel or smell something that makes you think of a scary memory. This is called a trigger.

Triggers can make you have bad dreams or flashbacks.



How to stop scary thoughts

Make a list of things you like



Go outside in the fresh air



Think of somewhere that makes you feel safe



How to stop scary thoughts

Hug something soft



Listen to music



Tell yourself what day and time it is



How to stop scary thoughts

Think of something nice before you go to bed



Take some slow breaths



Think about someone you care about



You can use this space to make a list of things you like.



Where do you feel safe?



Relationships

When someone has been abused it can change their relationships.

You might not want to have sex or do any touching with your boyfriend or girlfriend. That's ok. It is normal to feel like this.



Only have sex or do touching if you want to.



Can you make a list of people you trust?

1.

2.

3.

4.

5.

6.



Feelings

If you have been abused you might feel:

- I'm bad → • You are not bad
- It's my fault → • It is not your fault



**If someone hurts you they have
done something wrong**



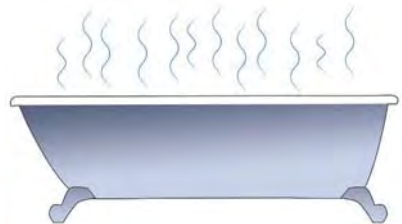
Looking after yourself

Lots of people feel unhappy after something scary has happened to them. You can feel better. Looking after yourself can help.

Eat a good meal



Have a bath



Do something fun
Do some exercise



Looking after yourself

You are important. Treat yourself like you would treat a friend. Be nice to yourself.

Talk to a friend



Laugh



Do a drawing



Talking about what happened



- It can help to talk to someone about how you are feeling
- You can talk to someone when you are ready
- Talk to someone you trust
- You won't get in trouble for talking to someone



You can talk to GRASAC

We will believe you



We will support you



We will listen to you



Notes



Notes



If you have experienced any form of sexual violence at any time of your life or if you care for someone who has experienced sexual violence and need support please contact us.

 **Helpline: 01452 526 770**

Monday and Thursday 12.00 - 2.00pm

Tuesday, Wednesday and Friday 6.30 - 8.30pm

confidential and anonymous
email support

 **support@glosrasac.org.uk**

Rape Crisis England & Wales

For more information about sexual violence support services nationally please visit:

www.rapecrisis.org.uk





listening · believing · supporting

www.glosrasac.org.uk

Helpline: 01452 526 770

Email support: support@glosrasac.org.uk