

Social

- Withdrawal
- Uncomfortable around other people
- Afraid/nervous in crowds
- Difficulty trusting others
- Hypersensitive when relating to others
- Afraid to be alone
- Afraid to leave the house -especially alone
- Less productive
- Difficult time relaxing
- Disruptions with sexual or romantic relationships
- Difficulties and apprehension around people of the same gender as the perpetrator, or who resemble the perpetrator

Cognitive

- Why did this happen to me?
- Am I damaged goods?
- What if I had or hadn't done. . . ?
- Maybe it was my fault
- What will people think?
- Will people blame me?
- Will they reject me?
- Why did s/he do this?
- S/he didn't mean it
- I want to confront this person
- S/he owes me an apology
- If I forget about it, it will go away
- I'm scared to be around this person

Emotional

- Fear
- Shock
- Confusion
- Denial
- Sense of disbelief
- Powerlessness
- Guilt
- Shame
- Anger
- Numbness
- Depression
- Hopelessness
- Despair
- Anxiety
- Hyperawareness/
hypersensitivity
- Fear of being alone
- Embarrassment
- Humiliation
- Mood swings
- Irritability
- Low self-esteem
- Sadness/grief
- Vulnerability
- Inability to concentrate
- Flashbacks

Physical

- Physical injury
- Muscular tension
- Sexually transmitted infections
- Pregnancy
- Pain
- Headaches
- Stomach aches
- Exhaustion
- Hyperactivity
- Feeling lethargic
- Loss of energy
- Loss or increase of appetite
- Change in sleeping pattern