

Defamation Damages

For US Reference Only, Not For Pursuit of Legal Suit

We believe in reasonable forgiveness and allowing others room to grow, this is not a lesson that comes easy. Though as adults, we should know better, it is *merciful* to provide fair warning. This is not legal advice, simply ministerial, and we offer this for *free*.

Defamation Damages — Reasonable Civil Suit Ranges (USD)

Category	What It Covers	Typical Dollar Range
General Damages	Emotional distress, anxiety, fear, humiliation, loss of peace	\$25,000 – \$150,000
Reputational Harm	Damage to credibility, character, professional standing	\$50,000 – \$300,000
Medical-Related Distress	Stress caused by false health claims, fear of illness, medical anxiety	\$25,000 – \$200,000
Loss of Enjoyment of Life	Disruption of daily life, sleep, work, focus	\$15,000 – \$100,000
Economic Loss (if provable)	Missed work, lost clients, business harm	\$10,000 – \$500,000+
Out-of-Pocket Costs	Doctor visits, testing, therapy, mitigation	\$5,000 – \$50,000
Punitive Damages (<i>if malicious or reckless</i>)	To punish intentional or reckless behavior	\$50,000 – \$1,000,000+

Typical Total Claim Value

Depending on severity and proof:

- **Low-range reasonable suit:**
\$75,000 – \$150,000
- **Moderate, well-supported claim:**
\$150,000 – \$400,000
- **Severe or malicious defamation:**
\$400,000 – \$1,000,000+

Factors That Increase Value (Important)

Your claim becomes stronger if:

- Statements involved **health, illness, or bodily harm**
 - Statements caused **fear, panic, or ongoing distress**
 - There is **written, recorded, or repeated publication**
 - The defendant **refused to retract**
 - You can show **timeline correlation** between statements and harm
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Factors That Reduce Value

- One-time statement with no witnesses
 - Opinion rather than factual assertion
 - No provable impact on daily life
 - Immediate retraction or apology
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Very Important Legal Distinction

Defamation is stronger when the statement is:

- **False**
- **Presented as fact**
- **Harmful**
- **Communicated to others**

Not just rude, dramatic, or insulting.
