Common Distortions

Sexual abuse

1. It’s my fault that someone touched my private parts because
	1. … I didn’t tell
	2. … I wasn’t strong enough
	3. … I liked it/it felt good/my body responded
	4. … I didn’t say no
	5. … I didn’t listen to my parents
2. I’m dirty now.
3. I’ll never be the same.
4. I’ll never have a good relationship again.
5. I can’t trust.
6. I still love this person.
7. I’m no longer pure for marriage
8. Everyone knows

Physical abuse

1. No one cares anyway.
2. I’ll end up like my parents.
3. I deserved it because I was being bad.
4. All men/women are bad.
5. It was my job to protect mom/brothers/sisters.
6. If only I had stepped in.
7. If I hadn’t said anything, it would not have escalated (gotten worse).

Bullying

1. I’m worthless.
2. Nobody likes me.
3. I have no friends.
4. This only happens to me.
5. Everyone knows.
6. I can’t do anything right.
7. This is never going to change.

Foster Care

1. If I hadn’t told about the abuse, I would still be with my family.
2. I will never have a forever family.
3. I should have kept my mouth shut.
4. DHS / CPS and police officers are not helpful.
5. I’m a bad kid.
6. Adults don’t mean what they say 🡪 they said I won’t leave, but then they tell me to leave anyway.
7. They only keep me because they get money.