



## **Common Symptoms of Childhood Sexual Abuse**

*Compiled by Shepherd's Counseling Services*

### **Behavioral & Emotional Symptoms**

#### *Depression—Chronic and Atypical*

- Low self-esteem
- Feelings of worthlessness and hopelessness
- Passivity and lethargy
- Eating disturbances resulting in weight gain or loss
- Helpless and lack of personal efficacy
- Inability to concentrate
- Withdrawal and isolation
- Self-injurious behavior including suicide ideation and gestures
- Disregard for personal appearance

#### *Substance Abuse/Addictions*

#### *Eating Disorders*

#### *Impulsive Behaviors*

#### *Explosive Disorders (Anger/Rage)*

#### *Sexual Acting Out*

#### *Dissociative Symptoms*

- Recurrent nightmares/night terrors
- PTSD symptoms
- Amnesia—past/current
- Perceptual distortions
- Depersonalization (seeing feelings from afar)

#### *Anxiety Symptoms*

- Panic Attacks
- PTSD symptoms
- Obsessive/Compulsive behaviors
- Phobias

### **Physical Symptoms**

*Chronic illness*

*Fibromyalgia*

*Migraine headaches*

*Gastrointestinal disturbances*

*Sexual difficulties*

### **Cognitive Patterns**

“Black and White” thought patterns

Paranoid/superstitious thinking

Over-generalizing

Magnification/minimization

Personalization/misattribution