



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