



Examples of Signs/Symptoms of Abuse

Emotional

Frightening memories
Easily overwhelmed
Mood swings
Conflicting feelings
Guilt, shame, self-blame
Hopelessness
Lack of ability to focus
Withdrawing from others
Feeling disconnected or numb
Regularly feeling anxious
Loss of self-worth/esteem
Lack of trust
Extreme dependence on others
Depression
Anger
Boundaries are difficult to maintain
Difficult to be assertive or express opinions
Doubting memory or sense of reality
Doubt your abilities/talents
Constant fear or paranoia
Overly catering to other's needs

Physical

Nightmares
Insomnia
Fatigue
Easily startled
Muscle tension
Racing heartbeat
Aches & pains
Use drugs/alcohol to numb
Self-isolating
Uncontrollable crying
Avoiding eye contact
Suicidality
Lack of appetite
Chronic stress
Unexplained weight gain/loss
Flashbacks
Listlessness
Memory loss
Diarrhea
Panic attacks
Shaking or tremors
Loss of sexual desire
Traumatic brain injury
Miscarriages
Cardiac arrhythmia
Nausea
Sweating
Tunnel vision
Migraines
Gastro-intestinal issues
Chronic pelvic pain