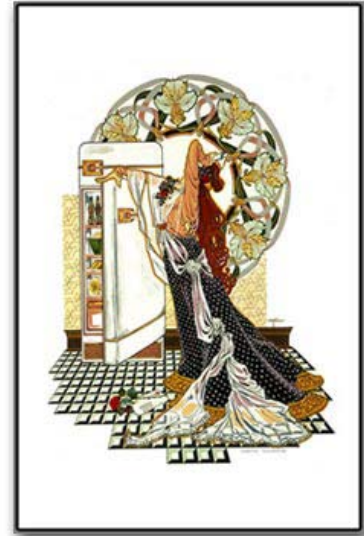




# Committed to Freedom

Providing People with Spiritual Tools to Move Beyond Abuse



## Life Issues for Abuse Survivors

Childhood and adolescent sexual abuse damages a developing human being. By the time an abuse survivor reaches early adulthood, this damage takes on a life of its own and is frequently observed in seemingly unrelated behavior and issues. It is these issues that most often send an abuse survivor to a counselor, rather than the actual abuse. These behaviors and difficulties are called the secondary issues of abuse. Listed below are common problems that survivors struggle with. This list is not comprehensive, nor do all abuse survivors manifest all of them. However, many of these issues are present in older teens and adults.

- Anger Management Problems
- Depression
- Body Image Problems
- Substance Abuse
- Self Mutilation  
(cutting, burning, etc.)
- Hyper vigilance
- Dysfunctional Relationships
- Concentration Difficulties
- Intimacy Problems
- Poor Self Image
- Stress Related Physical Problems
- Isolation & Loneliness
- Eating Disorders  
(anorexia, bulimia, food hoarding, overeating, etc.)
- Workaholic
- Sexual Dysfunction or Confusion
- Sleeping Disorders
- Anxiety & Fear
- Spiritual Void or Disillusionment
- Performance Based Self Value
- Trust Issues
- Disconnected from Self, Others, and God
- Poor or Impaired Parenting Skills

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