

Universal Reactions to Sexual Assault:

Emotional Shock: *I feel numb. How can I be so calm? Why can't I cry?*

Disbelief and/or Denial: *Did it really happen? Why me? Maybe I just imagined it. It wasn't really rape.*

Embarrassment: *What will people think? I can't tell my family or friends.*

Shame: *I feel completely filthy, like there's something wrong with me. I can't get clean.*

Guilt: *I feel as if it's my fault, or I should've been able to stop it. If only I had...*

Depression: *How am I going to get through the semester? I'm so tired! I feel so hopeless. Maybe I'd be better off dead.*

Powerlessness: *Will I ever feel in control again?*

Disorientation: *I don't even know what day it is, or what class I'm supposed to be in. I keep forgetting things.*

Flashbacks: *I'm still re-living the assault! I keep seeing that face and feeling like it's happening all over again.*

Fear: *I'm afraid of everything. What if I have herpes or AIDS? I can't sleep because I'll have nightmares. I'm afraid to go out. I'm afraid to be alone.*

Anxiety: *I'm having panic attacks. I can't breathe! I can't stop shaking. I feel overwhelmed.*

Anger: *I feel like killing the person who attacked me!*

Physical Stress: *My stomach (or head or back) aches all the time. I feel jittery and don't feel like eating.*

None of the above: *Responses to sexual assault vary and you may feel any, all, or none of the above feelings. There is nothing wrong with anything you may feel.*

For help and resources, contact these campus offices:

Abby's House	503-838-8219
Public Safety	503-838-8481
Office of Student Conduct	503-838-8311
Student Health & Counseling Center	503-838-8313

**Abby's House
Center for Women and Families**

Werner University Center 106

Western Oregon University

abbyshouse@wou.edu

(503) 838-8219

www.wou.edu/student/club/abbyshouse