

Workbook Pages for Individual Contemplation and Completion

Notes on Resources for Sexual Assault Victims

1. Look over and look up some of the resources listed in this chapter. Have you or someone you know used any of these resources before? _____ Were they helpful? If yes, in what way(s)?

2. Which of the resources listed would you recommend to victims?

Which of the resources listed would you recommend to family and friends of victims?

3. Have you or someone you know ever thought about suicide? _____ Have you or they ever reached out for help? _____ Do any of the resources listed in this chapter seem to be helpful for this case? If so, which ones? _____

Which ones would you recommend to others in a similar situation?

Notes on Chapter 1: The Harsh Reality

1. After reading through the statistics on rape, what emotions went through you?

_____ Were you surprised? _____ In light of these statistics, is rape more common, less common, or about as common as you thought? _____

2. These statistics were primarily centered on women. Have you thought about what statistics concerning children or men as victims could be?

_____ How does that make you feel? _____ Were you a child or a man victim of rape? _____ Are you friend or family of a child or man victim? How does that make you feel? _____

3. Do you have "why" questions about what happened to you or yours? _____ How have you tried to answer those questions?

Have those efforts been successful for you? Why or why not?

Notes on Chapter 2: The Terror, the Journey, and the Hope

1. Have you or someone you know been a victim of rape? _____ What were the circumstances involved? Be detailed in writing the story here. It can be cathartic especially if you are the victim. _____

Were there physical scars as well as emotional ones? _____ How were the physical injuries dealt with?

In what way was it helpful or not?

2. Was the victim you know put through police rigors or other events as described in this book? _____ Describe what the victim went through after the rape. Include details. What was that like? What emotions were felt throughout the process?

Notes on Chapter 3: The Four Stages of Grief after Rape

1. How do you feel about the four stages of grief by Bowles and Parkes?

_____ Can you identify with those stages? _____ Does knowing about these four stages help you feel that you are not alone?

_____ As a victim or family/friend, can you see yourself or your loved one in these stages? _____

Can you identify what stage you or they may be in right now?

_____ Is there anything you can do to help move yourself or them into the final stage? _____ If so, what could you do to help with this?

2. Reread the list of RTS symptoms. Which ones do you recognize in yourself or your loved one? _____ What can you do to help overcome these symptoms? _____

Have you or your loved one considered and/or used professional help? _____ Was it helpful?

Why or why not? _____

Notes on Chapter 4: Shock and Numbness

1. How did you feel after reading the survivor's story?

Did any part of it sound familiar for yourself or your loved ones? What part (be specific)?

Would you have done something differently in the story? If so, what?

2. After reading about this stage of grief, do you recognize yourself or your loved one?

How can you use this information to help overcome the feelings and fears of this stage? _____

_____ How can you use this information to help with the goal of moving into the next stage?

Notes on Chapter 5: Yearning and Searching

1. How did you feel after reading the survivor's story?

Did any part of it sound familiar for yourself or your loved ones? What part (be specific)?

Would you have done something differently in the story? If so, what?

2. After reading about this stage of grief, do you recognize yourself or your loved one?

How can you use this information to help overcome the feelings and fears of this stage? _____

_____ How can you use this information to help with the goal of moving into the next stage?

Notes on Chapter 6: Disorganization and Despair

1. How did you feel after reading the survivor's story?

Did any part of it sound familiar for yourself or your loved ones? What part (be specific)?

Would you have done something differently in the story? If so, what?

2. After reading about this stage of grief, do you recognize yourself or your loved one?

How can you use this information to help overcome the feelings and fears of this

stage? _____

_____ How can you use this information to help with the goal of moving into the next stage?

Notes on Chapter 7: Reorganization and Repair

1. How did you feel after reading the survivor's story?

Did any part of it sound familiar for yourself or your loved ones? What part (be specific)?

Would you have done something differently in the story? If so, what?

2. After reading about this stage of grief, do you recognize yourself or your loved one?

How can you use this information to help overcome the feelings and fears of this stage? _____

_____ How can you use this information to help with the goal of moving on with life?

Notes on Chapter 8: Some Words for the Family and Friends

1. After reading the advice, do you think that some of it could help you or your loved one?

What specific parts would be especially helpful?

Do you have any added advice that you have found helpful in your own life?

2. After reading the given verses, what thoughts and feelings went through your mind and heart? Be specific.

Do you think that you could use and/or share any of them to help yourself or others? Which ones?

Notes on Chapter 9: Ways to Help Avoid Rape

1. After reading the advice on ways to avoid rape, do you think that some of it could help you or your loved one?

What specific parts would be especially helpful?

Do you have any added advice that you have found helpful in your own life?

Notes on Chapter 10: Psalm 37 – A Psalm of Comfort and Action

1. After reading this Psalm, what thoughts and feelings went through your mind and heart? Be specific.

Do you feel like it helped you in any way? If so, how?

Underline the specific words or passages that seem most valuable to you. Write some of them out here for quick reference.

Do you think that it is worth sharing with someone else in your life?

2. Do you have some other reading, song, book, movie, etc. that is special? If so, what? _____

How does it make you feel? _____

How can it be useful in helping you or your loved one triumph over terror? _____
