



WAS I ABUSED?

Please check all that apply:

- Were you ever touched unnecessarily in your private parts?
- Were you forced to touch someone else's private parts?
- Were you made to pose for sexual pictures?
- Were you forced to have oral sex?
- Were you raped or did you have things forced inside your vagina or anus?
- Were you fondled or kissed in a way that felt bad to you?
- Were you shown sexual movie/pornography?
- Were you forced to enemas, genital exams, or other medical procedures that weren't really needed?
- Were you told you were only good for sex?
- Were you teased about your body or your sexuality?
- Were you pressured into having sex you didn't really want?
- Were you involved in selling your body for sex?
- Were you forced to abuse or hurt someone else?
- Were you forced to take part in rituals that involved violence, sex, and torture?

If any of these things happened to you, then you may have been sexually abused.

Checklist taken from the book – "Beginning to Heal", by Ellen Bass and Laura Davis, 1993