

*Symptoms of Trauma Associated with Rape, Sexual Abuse, or Sex Trafficking.*

Do you find yourself struggling with any of the following symptoms?

- Depression and thoughts of suicide
- Anxiety and phobias (specific and generalized)
- Anger/hostility directed at self, other and/or God
- Substance abuse (alcohol, medication, etc.), self medicating, pain management
- Denial of victimization, suppression or minimization, self-blame, shame, guilt
- Sense of helplessness/insecurity/intense vulnerability
- Worthlessness, abusive relationships, extremely poor self care
- Loss of sense of meaning, purpose, faith
- Self-destructive/impulsive behaviors, promiscuity, self-mutilization, revictimization
- Impaired relationships/sexual problems, significant trust problems, rejection of sexuality and sex
- Sense of being permanently damaged or dirty
- Post-Traumatic Stress Disorder (PTSD)

There is hope to overcome!  
ATTHBS is here for you!

*A Time to Heal*<sup>TM</sup>  
BEYOND SURVIVAL