

VICTIM IMPACT WORKSHEET

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The purpose of this worksheet is for you to better understand how you hurt your victim. The damage that you did goes much beyond the physical damage. Your victim has been impacted in many ways. Their feelings, behaviors, relationships, appearance, and developmental process have been changed. These changes do not just "go away" in a few hours or even a few weeks. They will be changed forever.

In this worksheet you will be asked to identify how each of these areas have been impacted for your victim. Obviously you will not know for sure how they have been affected, you can sometimes only guess. For many of your victims, you have very little information to base your responses on. You will need to spend some time putting yourself in your victim's "shoes" in order to understand how to answer these questions. This is sometimes a very painful experience, but it is also a very important experience. If you find yourself becoming sexually aroused as you work on this worksheet, let your counselor know so that we can help you deal with this in a healthy way.

WHAT TO DO: Spend at least ten minutes using the imagery exercises that you have learned from group to "put yourself in your victim's shoes." If you have had more than one victim, do this worksheet for one of your "typical" victims. Identify how old your victim would be for the question that is being asked. Imagine what would be going on in your victim's life-- what would be important to them, who they would be having contact with, what they would be doing on a day to day basis. For each of the following questions, write at least one half page.

A. Imagine your victim one hour after you hurt them.

1. What was your victim feeling? Explain.
2. How was your victim behaving differently than "normal"? What did they do that they normally didn't do? Explain.
3. How did your victim deal with people differently? How did your sexually abusing your victim affect their relationships?
4. How did your victim look differently? How did they carry themselves differently?
5. In what way was your victim different than most people their age as the result of what you did to them? How did your sexually abusing them impact on their stage of development?

B. Imagine your victim one week after you hurt them.

1. What was your victim feeling? Explain.
2. How was your victim behaving differently than "normal"? What did they do that they normally didn't do? Explain.
3. How did your victim deal with people differently? How did your sexually abusing your victim affect their relationships?
4. How did your victim look differently? How did they carry themselves differently?

5. In what way was your victim different than most people their age as the result of what you did to them? How did your sexually abusing them impact on their stage of development?

C. Imagine your victim six months after you hurt them.

1. What was your victim feeling? Explain.
2. How was your victim behaving differently than "normal"? What did they do that they normally didn't do? Explain.
3. How did your victim deal with people differently? How did your sexually abusing your victim affect their relationships?
4. How did your victim look differently? How did they carry themselves differently?
5. In what way was your victim different than most people their age as the result of what you did to them? How did your sexually abusing them impact on their stage of development?

D. Imagine your victim five years after you hurt them.

1. What was your victim feeling? Explain.
2. How was your victim behaving differently than "normal"? What did they do that they normally didn't do? Explain.
3. How did your victim deal with people differently? How did your sexually abusing your victim affect their relationships?
4. How did your victim look differently? How did they carry themselves differently?
5. In what way was your victim different than most people their age as the result of what you did to them? How did your sexually abusing them impact on their stage of development?

E. Imagine your twenty years after you hurt them.

1. What was your victim feeling? Explain.
2. How was your victim behaving differently than "normal"? What did they do that they normally didn't do? Explain.
3. How did your victim deal with people differently? How did your sexually abusing your victim affect their relationships?
4. How did your victim look differently? How did they carry themselves differently?
5. In what way was your victim different than most people their age as the result of what you did to them? How did your sexually abusing them impact on their stage of development?