

Is What I'm Feeling Normal?

There is no "right" way to feel after an assault, but it's normal to feel a lot of emotions:

- **Fear and Mistrust of Others-**
"I feel scared and don't trust people anymore."
- **Anxiety-** "I feel on edge all the time."
- **Guilt, Shame, and Self-blame-**
"This is all my fault. If only I hadn't..."
- **Anger-** "I'm angry all the time now."
- **Difficulty Concentrating-**
"I can't concentrate. My mind wanders."
- **Flashbacks or Recurring Thoughts-**
"I feel like I'm reliving it over and over."
- **Sadness or Depression-** "I'm always sad."

Sound familiar?

GET HELP

- Counseling & Psychological Services: 618/453-5371
- Student Health Services Medical Clinic: 618/453-3311