



Sexual Assault Response Services

of Southern Maine

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Characteristics of Adult Incest Survivors

- Fear of being alone in the dark
- High risk of taking or inability to take risks
- Swallowing or gagging sensitivity
- Boundary issues
- Gastro-intestinal or urogenital problems
- Guilt, shame and low self-esteem
- Eating disorders or substance abuse
- Patterns of victimization
- Phobias
- Need to be loved and/or taken care of
- Self destructive behavior
- Abandonment issues
- Memory loss
- Need to feel invisible, perfect or 'bad'
- Feeling crazy
- Suicidal thoughts and/or attempts
- Fear of being 'found out'
- Splitting, spacing out, leaving body
- Compulsive behaviors
- Rigid control of thoughts and actions
- Body memories
- Increased startle response
- Flashbacks
- Trust issues: trusting everyone or trusting no one
- Denial of abuse
- Sexual issues or problems
- Avoidance of mirrors
- Limited tolerance for happiness
- Ambivalent or intensively conflictive relationships
- Stealing
- Aversion to making noise
- Multiple personalities

Help, Hope, and Healing