



## Common Reactions to Victimization

The trauma of victimization may result in survivors experiencing a wide range of emotions and reactions, including but not limited to:

<b>Terror</b> <b>Anger</b> <b>Guilt</b> <b>Grief</b> <b>Anxiety</b> <b>Depression</b> <b>Irritability</b> <b>Headaches</b> <b>Mood swings</b> <b>Self-blame</b>	<b>Emotional numbing</b> <b>Lowered immunity</b> <b>Feelings of helplessness</b> <b>Change in eating habits</b> <b>Digestive problems</b> <b>Lack of trust in others</b> <b>Stress-related illness</b> <b>Sleep disturbances</b> <b>Nightmares</b> <b>Confusion</b>	<b>Inability to concentrate</b> <b>Change in socialization</b> <b>Difficulty with daily activities</b> <b>Emotional roller coaster</b> <b>Change in level of activity</b> <b>Feeling a loss of control</b> <b>Forgetfulness</b> <b>Memory loss of the event</b> <b>Flashbacks of the event</b> <b>Exhaustion/extreme fatigue</b>
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If you are experiencing these or other reactions to trauma, please consider the following ideas:

1. **Seek professional support:** Additional trauma support, counseling, and resources are available through various organizations. Victim advocates can provide this information and make appropriate referrals.
2. **Find healthy ways to cope:** Moderate exercise, healthy eating habits, and some form of socialization with trusted friends can help restore physical and emotional equilibrium.
3. **Identify past coping mechanisms:** Most people have coping practices they rely on when a crisis occurs. Repeat things that helped before and avoid those things that did not work.
4. **If it is right for you, reach out to spiritual resources:** Attending faith community services or vigils or speaking with a faith leader may help.
5. **Educate yourself about victimization, coping, and healing:** This can help you learn more about the experience and ways to cope with the circumstances of the victimization.
6. **Recognize the value of tears:** Tears are a natural reaction to internal stress and remove unhealthy stress-related toxins from the body.
7. **Find parts of the problem that can be managed:** Healing takes time. Do what you can day by day. Be patient with yourself and understand that you may need assistance from professionals to regain control of your daily life.
8. **Learn to set boundaries:** Communicate your desires and limits clearly.

## Center for Prevention & Advocacy

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