

Iceberg of a Victim

10%
(We See)
Physical

- Cuts, bruises, scratches, etc...
- Addictions
- Victims appear to act, look, and dress normal

90%
(We don't see)
Effects of the Abuse

- | | |
|-------------------------------------------------|------------------------------------------|
| • Guilt, shame and embarrassment | • Agitated, stressed |
| • Passive and quiet or aggressive and obnoxious | • Emotional |
| • Headaches | • Keeping secrets |
| • Depression/sleeping too much | • Believing they are alone and different |
| • Stomach problems/eating disorders | • School problems |
| • Not sleeping/no energy | • Minimizing |
| • Can't ask for what they want | • Suicidal/homicidal thoughts |
| • Building walls | • Fear |
| • Isolate, withdraw and no trust | • Effects on children |
| • Low self-esteem or self-doubt | • Forgetful |
| | • Anxiety |
| | • Distance |
| | • Feeling alone/grieving |
| | • Powerless, worthless or no rights |