



## I still belong to myself

Clinical Psychological Service Branch

### It's ALL my Fault?

I want to tell you an unspeakable, agonizing secret: a journey of the heart about being sexually abused.

Since it happened, my world has been toppled. I can't understand why this happened to me. Is it because I am problematic, I am bad, or I did wrong? If not, then why would it happen to me? If I disclose, it certainly would turn into a big scene...or... no one would ever believe me even after they knew about it. As long as I keep my mouth shut, then no one would get hurt and everything can go on 'as usual'. I feel very disturbed, angry, shameful, and guilty. Later, I came to know that guilt is actually a way to pull me through the crisis.



### My brain helped me!

We usually would not put up a fight at the moment when abuse occurred because our brain was busy with attempting to make sense of what was happening. Our rational brain knew that the abuser had been the person I trusted all along. He could have used tactics or said things that made me believe I had to obey him. I did not know how to resist him and dared not to do so. Instinctive brain froze my body so as to reduce my feeling sensitivity or pain at that moment, wishing that the abuser would lose interest in me. To some people, their brains had not digested what had happened despite the abuse had stopped. They continue to stay vigilant, feeling like the danger prevailed, hence become either numb or inert.



In spite of all these, we can still change our brain operation to lower our overly stimulated self-defence mechanism through the activities we do in the times to come.

### Create new experiences!

It is not your fault for not being protected. It is caretaker's responsibility to protect children. As a child, you have already tried your very best to 'solve' the problem. Being an adult now, you can be more compassionate to that child at that time for her efforts to withstand the difficulties of abuse. Being abused is an experience but you shall never be defined by it. You still belong to yourself. You will continue to grow and narrate your own life by creating new experiences.



If you want to know more about the response and experience, please view:  
For enquiry: 2343 2255 or [www.swd.gov.hk](http://www.swd.gov.hk)

