



# **NORMAL REACTIONS TO SEXUAL ASSAULT**

## **PHYSICAL**

- Nausea/Vomiting
- Tremors/Shakiness
- Loss of Coordination
- Sleep Disturbances
- Easily Startled/Jumpy
- Chills
- Diarrhea
- Chest Pains
- Rapid Heart Rate
- Stomach Pain
- Headaches
- Muscle Aches
- Difficulty Breathing
- Fatigue
- Appetite Changes
- Crying
- Tense

## **COGNITIVE**

- Slow Thinking
- Difficulty Making Decisions
- Flashbacks
- Nightmares
- Confusion
- Disorientation
- Difficulty with Calculations
- Difficulty Concentrating
- Memory Problems
- Poor Attention Span
- Racing Thoughts
- Religious Confusion

## **EMOTIONAL**

- Feeling Overwhelmed
- Guilt
- Sadness/Depression
- Feeling Lost and/or Abandoned
- Fear/Panic
- Suicide/Homicide
- Anger/Outrage/Fury
- Helpless/Powerless
- Numbness
- Shock
- Irritable
- Self Blame
- Grief

## **BEHAVIORAL**

- Withdrawal/Avoidance
- Suspiciousness
- Increased Smoking
- Increased Alcohol/Drug Use
- Unusual Behavior
- Overly Vigilant to the Environment
- Excessive Humor
- Emotional Outburst
- Missing Classes
- Changes in Appearance
- Changes in Usual Activities
- Act Like Nothing has Changed

**Sexual Assault Program  
MSU Counseling Center  
14 Student Services Building  
(517) 355-3551**

**Sexual Assault Hotline (517) 372-6666**