Healing After Sexual Assault

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Sexual assault and rape happen to more men and women than you might have ever thought. If you, or a loved one, are one of those people, then you've come to the right place.

There are several stages that people go through, after being sexually assaulted. The ability to take care of yourself and ask for support for others, could make the difference between healing well and inflaming the wound. This is a tool to help you heal in the most painless and effective way.

Right After the Assault
During the first hours and days after the assault, you will probably be overwhelmed by a large amount of experiences, and it is important to know how to deal with them. Immediately after the assault, there are certain measures you need to take, to make sure that you are safe and supported. You may experience new and confusing emotions, but the best way to deal with them is express them in whatever way your body is asking you to. Otherwise you are locking the stress hormones into your body, and blocking your healing. One of the key things to remember, is that sexual assault is experienced very individually, and so whatever you may feel or think is perfectly normal. Being prepared for the physical reactions to the trauma you have experienced, will also help you cope. After an assault, it is inevitable to wonder when you'll feel better. However, sexual assault and rape feel different for everyone, so it is most important to pay attention to your own wants and needs.

**Weeks and Months After**

After the initial shock, and over the next weeks and months after the sexual assault, you will need to put together the pieces of what has happened. Many women and men, victims of rape, ask themselves the question, "Why me?". Although there is never one true answer to that, there are certain steps you can take, to stop it from tormenting you. A lot of times, this question makes people turn to a dangerous myth, and the thought if the assault being their fault, starts to creep in. Of course, whatever your age, behavior, and personality may be, whether you are a female, or a male who has been sexually assaulted - it certainly not your fault.

Reporting your assault may save others from becoming victims, but whether or not you do it, should be a completely personal choice.

Sexual assault may influence many aspects in your life, including your romantic relationships. This is why one of the most effective decisions you can make, is to talk to your partner and loved ones about the assault. However, allow yourself to become ready for that step first. After all, if a friend or a relative has been sexually assaulted you would want to help them - the same is also true for them.

**Continuing with Your Life**

Once you have gone through the first two steps, you might feel ready to put the pieces of your story back together, and move on with your life, as a happy individual. One of the most challenging experiences that rape survivors often struggle with, is learning to love and enjoy their bodies, once again. One of the ways to reclaim your life and your happiness, is to find a place of serenity, through the practice of meditation. This, and everything else you have now learned, can help you take charge, rather than be the victim.

Finally, you have the choice of how you will tell your story. More importantly - how you will feel about what you have gone through, and how you will use it to improve your life from now on.

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