

Common Symptoms Experienced By Adult Male Survivors of Sexual Abuse

Depression

Anxiety

Low Self-Esteem

Problems in relationships with your partner or spouse, children, parents, boss or co-workers, or others with whom you have intimate contact

Irrational fear that you will harm a child

Drug or alcohol abuse/addiction

Compulsive behavior such as overeating, overspending, chronic gambling, excessive exercise, constant viewing of pornography, continually seeking anonymous sexual partners, uncontrollable masturbation, or incessant trips to massage parlors or prostitutes

Workaholism

Worries about being gay even though your fantasies are primarily about women

Inability to feel good about being gay even though your fantasies are about men

Feeling you're not a man

Vulnerability to being re-victimized

Avoidance of conflict

Flashbacks, nightmares, intrusive thoughts, or other signs of reliving a trauma

Emotional numbness or constriction

Hyperarousal – being vigilant, irritable, and/or jumpy much of the time

Need to always be in control

Outbursts of rage

Shame

Guilt

Loneliness

Social Isolation

Difficulty finding a relationship

Finding yourself in one brief relationship after another

Physical symptoms your doctor can't explain on physical grounds – rapid heartbeat, anorexia or bulimia, shortness of breath, dizziness, or constipation

Sexual problems: lack of interest, inability to achieve or maintain an erection, premature ejaculation, inability to have satisfactory sex with someone you care about, disturbing masochistic or sadistic thoughts or behaviors, or relentless and intrusive sexual fantasies

Fear of being around other men, especially in groups, locker rooms, or public urinals

Obsessive thought about sexual acts or partners you usually wouldn't be interested in

Trouble with sleep: insomnia or sleeping all the time

Risky/self-destructive behavior

Urges to hurt someone physically or incidents (accidentally or intentionally) when you do so

Amnesia for certain periods of your life

Losing time

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