

**Abuse:**

1. Do you believe people can be trusted in life?
2. How do you see yourself as a person?
3. How do you think you are worthy as a person?
4. Do others care about you?
5. Do you think you deserve to be hurt?

**Sexual abuse:**

6. How old were you when you were sexually abused?
  - At what age were you taken advantage of sexually?
  - How old were you when he/she first touched you inappropriately?
  - When did this happen?
  - Where did they touch you?
  - What did they do?
7. Who abused you?
  - Was it a relative of yours?
  - Was it a distant uncle/aunt?
  - Was it the driver or maid?
  - Was it any of your teachers or tuition teachers/ trainers?
  - Was it your swimming coach?
8. Where did this incident occur?
  - What environment were you in?
  - Were you at home or outside?
9. How often would this person be abuse you?
  - What was the frequency of the abuse?
10. How did you try to avoid this?
  - What did you do?
  - Did you tell anybody?
  - Did other people know?
  - Did they take some sort of action?
  - Was your abuser confronted by your parent or whoever you confided in?
  - Were you protected from then on?
11. Do you have nightmares that are recurrent?
  - Do your dreams often have sexual content?

- What has been the content of the dream?
- What happens in your dream?
- Where are you in the dream?
- Is there someone else in it?
- What are they doing?
- What are you doing?
- Have you had very vivid dreams?
- Can you describe the dream?
- How have you felt when you woke up?
- What can you remember from your dreams?
- What do you think your dream means?
- What have you learnt or taken from your dreams?
- What is the most significant/ important part of your dream?
- What has been the most striking part of your dream?
- Is there anything about your dream/nightmare that haunts you or plagues your thoughts?
- How has your nightmare affected your reality?
- What effect does / is it having on your life?
- How have you coped with it so far?

12. Did you have the problem of bedwetting?

- Since when have you had this problem?
- What triggered this?
- Did you have this problem as a child?
- Has it stopped now?

13. Do you feel that members of the opposite sex will only be sexually interested in you?

- What makes you say that?
- Has this been the pattern in the past?
- Since when did you feel this way?
- How do you feel about this?
- What sorts of advances have been made on you to feel this way?
- How do you react in situations such as these?

14. Did you find that getting along with the opposite sex is a problem for you?

- Why do you feel this way?
- What is awkward or difficult about interacting with the opposite sex?
- What worries you about interacting with them?

- How do you react when faced with such interactions?
- What do you generally do on instinct?

15. How do you feel about yourself?

- Do you respect yourself as a person?
- Do you feel that you do not deserve to be loved?
- Do you feel that you are not whole as a person?
- Do you feel damaged or dirty as a person?
- Are you ashamed of yourself?
- Do you feel guilty?
- Do you feel you did something bad/ wrong?
- Why do you say this?
- What has happened for you to say this?
- What led to this attitude of yours?
- What makes you feel this way?
- Do you believe you deserve to be loved?
- Do you like (love) yourself as a person?
- What can you do to love yourself again?
- What do you need?

16. Did you experience any traumatic experience as a child?

- What was this experience?
- Can you describe what happened?
- Can you tell me more about it?
- What about it was most traumatic?
- Who was involved?
- What did they do?
- What did you do?
- How did you behave/ react?

17. Do you think you show more interest in sex and other aspects related to it?

- What makes you say this?
- Were you always like this?
- When did this start happening?
- Did anything change/ happen for you to be like this?

18. Do you feel an aversion towards sex or any sexual content?

- Why?
- Did something happen to make you have this aversion?

- Can you tell me about it?
- Can you describe the incident?
- What is your aversion like?
- Is it an aversion to something specific?
- How did this aversion come about?
- How do you react when confronted or faced with this?
- Is there a particular person that you have an aversion to?
- Do you have problems of physical intimacy or afraid of being touched?
- DO you like being hugged?

19. Do you feel that you are not responsible for your body and do not have to take care of it?

- Why do you feel this?
- Why do you think you are not responsible for your body?
- Who is responsible for your body?
- Who should be taking care of it if not you?
- Has your body been abused?
- What happened?

20. Do you seek approval and nurturance from people constantly?

- Why do you think that is?
- What happens if you do not get the approval you want?
- How do you cope or react to it?

21. Do you have problems forming relationships with other people?

- What problem do you have?
- What is stopping you from forming relationships?
- What are your worries/ fears about it?
- What inhibitions do you have?
- Do you have problems forming relationships with a specific group of people?
- What kind of people?
- Why do they make you uncomfortable?
- Have any bad experiences in the past made you feel this way?

22. Do experience anxiety and panic attacks?

- When do these attacks occur?
- Is there a trigger?
- What is the trigger?
- What makes you anxious at that moment?

- What happens to you when you are experiencing an attack?
- What are the physical sensations you feel?
- What thoughts or emotions are going through your head?

23. Do you wish you did not exist or that you could stop living?

- Why is this?
- What makes you feel like this?
- Do you feel like escaping?
- Is this a way of coping for you?
- What are your other options?
- What else can you do?
- How can you cope/ deal with it?
- What sort of support/ help do you need?
- Who/ what can offer you that kind of support?

### **Physical Abuse:**

24. Were you physically maltreated by your parents?

- How did they hurt you?
- What did they do?
- How often would they resort to physical punishment?
- How frequent was it?
- Did your siblings go through it as well?
- What is the worst thing that they have done to you?
- Were any of the injuries serious enough to get you admitted in a hospital?
- What did they resort to? (slapping, hitting, kicking....)
- When would they resort to physically hurting you?

25. Do you believe you were responsible for your parent/caregiver's foul temper?

- Do you feel you deserved it?
- Do you feel it was your fault?
- Do you believe that you deserve to be hurt or mistreated?
- Why do you think you were responsible for it?
- Why do you think they hurt you?
- How did they justify it?
- How did you justify it?

26. Do you believe you are not capable of doing any tasks properly?

- Why not?

- What sort of tasks are you unable to perform properly?
- What stops you from doing so?
- What is inhibiting you?
- Have your parents made you feel like you couldn't do it?
- Are you afraid you will be punished if you don't complete the task properly?

27. Do you feel afraid of your parent/caregiver/sibling most of the time?

- Why are you afraid?
- What about them frightens you?
- What about the time you spend with them scare you?
- What have they done to you?
- How is your relationship with them?
- How do they treat you?
- How have they hurt you?
- Do you avoid certain topics out of fear of angering your parent/caregiver/sibling?
- Do you feel you can't do anything right for you parent/caregiver/sibling?
- Do they make you feel that way?
- How do they react when you do something wrong?
- Does or did your parent /caregiver/ sibling/partner have a bad and unpredictable temper?
- How do they punish you?
- Have they hurt you physically?

28. Do you feel emotionally numb or helpless?

29. How have you coped with all of this?

- Has it worked?
- What do you do when faced with such a situation?
- What helps during this situation?
- How have you managed in the past?
- What makes them stop?
- What can you do/ say to make them stop?
- What has worked for you in the past?

### **Neglect:**

30. Did you feel neglected/ ignored by your parents?

- What made you feel this way?

- Why do you say this?
- Did you feel you missed out on time with your parents?
- Do you feel like they could have done more for you?
- Do you feel like they did not spend any time with you?

31. How do you know/ feel that you were neglected?

- Did your parents attend your PTA meetings when you were in school?
- Did you go out to vacations and family trips together?
- Did you receive proper medical care as a child?
- What would happen when you get ill as a child?
- Were you left at home unsupervised as a child?
- Were you well groomed as a child?
- Were you dressed appropriate for the weather?

32. Did you like going home after school?

- Why not?
- What was your home environment?
- What was your interaction with your parents like?
- What kind of relationship did you have with them?

33. Did you receive enough attention from your parents?

- Would they listen to you when you had something to say to them?
- Did they give you enough time?
- Did they respect your views/ wishes?
- Did both you and your sibling get time to spend with your parents?

34. When you went home from school what would you find?

- Would your parents acknowledge your presence?
- Did they ask you how your school day was?
- Were they concerned with your performance in academics and extracurricular activities?
- When you were a child who took you to school?
- If you ran late to return home from school/friend's home, what would happen?
- Would they be worried/ concerned?
- Would they take initiative to call your or your friends and find out what happened to you?
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## **Emotional/ Verbal abuse:**

35. Would you describe yourself as a passive individual?

- Do you have difficulty in saying NO?
- Do you often accept what other people say?
- Do you allow people to take you for granted?
- Do you ask other people to make decisions for you?
- Do you often find it difficult to express your own needs and concerns?
- Do you find it difficult to put yourself first?

36. Do you often throw tantrums as a child?

- Would you call yourself stubborn or extremely demanding?
- Are you very bossy?
- Do you bully or rag people?
- Do you get very angry if things are not done your way?
- Do you get angry when people do not listen to you?

37. Were you encouraged or appreciated by your parent for your achievements as a child?

- Would you describe your parent to be critical and unappreciative?
- Do you feel inadequate in completing any task?
- Do you have a trouble in accepting a complement?

38. Are you afraid of disclosing about yourself to others, since they may reject you?

- Are you afraid of being judged and evaluated?
- Do you feel that you do not possess any talent or ability that could be appreciated?
- Do you feel insecure and unworthy?

39. Does your parent/sibling humiliate or yell at you?

- Does your parent/sibling criticize you and put you down?
- Do they direct abusive language at you?
- Does your parent/sibling treat you so badly that you're embarrassed for your friends or family to see?
- Does your parent/sibling ignore or put down your opinions or accomplishments?
- Does your parent/sibling blame you for their abusive behavior?