

Anger



*Some children were not angry when the abuse happened. But they started to get angry when they found out how the abuser tricked or betrayed them.

*Sometimes the amount of anger also changes when you talk about the abuse.

*Some children get more angry than before, and then after awhile, the anger begins to go away.

*If 10 marbles represent the most anger you could have about anything, how many marbles worth of anger did you have at these times? Color them in.

At the time the abuse happened . . .



When you found out it was wrong . . .



After you talked to someone about it . . .



After you told the person who did it how angry you are . . .



How many marbles worth of anger do you have today about the abuse?



You may want to remember some of the angry feelings and that is okay. You can hold onto them as long as you feel you need to. Remember, don't be discouraged; it may take a long time to get all the feelings out that are hanging around from the past.

