

PTSD Symptoms of Sexual Abuse and Covert Cultural Sexual Abuse

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Sexual Abuse Survivor	Covert Cultural Sexual Abuse Survivor
Sexual secret about abuse	Sexual secret about homosexuality
Pretend nothing is wrong and abuse is not happening	Pretend nothing is wrong and pretend not to be lesbian/gay by role playing heterosexuality
Self-perception is hopelessly flawed	Self-perception as gay/lesbian is that you are hopelessly flawed
Confusion about your sexual orientation	Confusion about whether you are gay or straight
Self-hate and blame for what is done to you	Self-hate and blame for being gay or lesbian, resulting in internalized homophobia
Believing you are to blame for the abuse	Believing you are to blame for not being able to suppress same-sex desires
Belief that people who care for you may kill you, abandon you, or be harmed themselves	Belief that people who care for you may abandon you, shame you, or harm themselves upon learning about your homosexuality
Isolation from others out of fear and distrust of intimacy	Isolation from others (especially gays and lesbians) out of fear of betrayal and distrust of intimacy
Deadening of all feelings to avoid sexual arousal	Deadening of all feelings to avoid same-sex arousal (staying closeted)
Self-abuse/injury through drugs/alcohol	Self-abuse through drugs/alcohol and unsafe sex
Suicidal thoughts, gestures, and attempts	Suicidal thoughts, gestures, and attempts
Fear and avoidance of sexual arousal	Fear and avoidance of same-sex arousal
Displays of affection are inappropriately sexualized	Displays of affection are inappropriately sexualized (more so for gay men)
Becoming master of pretense and living out of integrity	Becoming master of pretense and living out of integrity, role playing heterosexuality
Settling for too little	Settling for too little and not expecting much as gay or lesbian
Short-lived and volatile relationships	Short-lived and volatile relationships before fully coming out of the closet