

**Remember that nothing is more important than the relationships you cherish.**

The emotional support you receive from family and friends as you go through this will help you more than you know. It is not important to talk about what happened with a great number of people because you don't know who may have been involved in it. However, if you can be totally open with 2 or 3 people about not only your frustrations but also about your accomplishments, it will make you feel a lot better and you will have more energy. People who have supportive, loving relationships are more likely to be physically healthy and satisfied and less likely to have physical or emotional difficulties.

**Keep what happened in proper perspective.**

While the Identity Theft may be the worst thing that has happened to you for awhile, remember your core values. For example, you are probably a person who highly values morality and integrity. Remember that about yourself and know that is a core value you want to keep no matter what. It is a good thing. It is important to pass high quality values on to your children, and what happened will not stop you from doing that. You may be a person who highly values spirituality. Your Identity Theft cannot take that away from you. It can be a valuable exercise to answer the question, "What in your life is most important to you?" and to realize that the Identity Theft can't take that away from you.

For more information call

**1-888-343-4414**

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**Someone Stole My Stuff  
—  
But They Didn't Steal Me!**



*Self-Care After Identity Theft*

Nearly everyone who becomes a victim of Identity Theft becomes upset and frustrated from time to time. Our identity items play a role in defining who we are – and few things are more personal than that. Below are some strategies you can use to reduce stress and begin to feel like yourself again. Be patient with yourself and realize that recovering from trauma can take awhile.

### **Identify your strengths and your challenges.**

Name the things you do really well and be prepared to bring them to the forefront as you go through this experience. Likewise, be willing to admit your challenges and decide who you can go to for help if you need to.

### **Remember that everyone makes mistakes.**

Whatever the circumstances surrounding the theft of your identity, it was not your fault that your identity items were stolen. The fact that your identity was stolen is much more about the person who stole it than it is about you.

### **Regain your sense of control.**

You may have had little or no control over what happened, but you have a great deal of control over what happens now. Do your best with the assignments that your service provider gives you. If you need help, ask for it.

### **Have compassion for yourself and others victimized.**

Don't beat yourself up over the crime. Likewise, remember that it is challenging for others as well, including your bank, the credit bureaus, and the companies with whom you do business. Know that doing everything you can to straighten things out are not only acts of compassion for yourself but for the others as well.

### **Maintain a hopeful and positive attitude.**

Most cases of Identity Theft get straightened out, even though the more complicated they are the longer it may take. Keep that goal in mind. Solving your case is likely to also prevent the thief from doing it again. That's good news for you and a lot of other people. It will be worth it, no matter how long it takes.

### **Plan and organize.**

Use the tools that you will be provided to organize your paper work. It is easy to feel overwhelmed when you first begin to do it, so break it up into small pieces. Since you have lots of other things going on in your life, schedule an hour or two at various times on your calendar and then keep these appointments with yourself to do your Identity Theft work. Feel the satisfaction of having completed each item you can mark off your list. Celebrate every victory!

### **Get enough sleep.**

Nothing breaks down our health more quickly than not getting enough restorative sleep. It not only makes us more likely to become physically sick, but it contributes to depression and anxiety. While it is natural to worry about what happened, you cannot be so consumed by it that you are unable to sleep. You need at least 8 hours of sleep each night, with at least 6 of them uninterrupted. If you cannot accomplish this, ask your physician to consider prescribing a sleep aid for you until this period in your life is over.



### **Sleep tips:**

- ◆ Do not drink caffeine or alcohol after 4 pm.
- ◆ Exercise 20-30 minutes a day (you will get 65% more restorative REM sleep when you do).
- ◆ Keep the bedroom attractive, cool, and dark, using it ONLY for sleep and sex.
- ◆ Invest in an excellent mattress and pillows. (You spend 1/3 of your life in your bed.)
- ◆ Do not look at the clock when you wake up. If you need to be awakened by an alarm, set it and then forget about the clock.