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LOCAL RESOURCES:

***Common Reactions
to Identity Theft***



This was produced by the Texas Identity Theft Coalition, Texas Legal Services Center, and Trauma Support Services of North Texas under a sub-award awarded by the Maryland Crime Victims Resource Center, Inc. (MCVRC) under Cooperative Agreement No. 2010-VF-GX-K014, awarded by the Office for Victims of Crime, office of Justice Programs, U.S. Department of Justice. The opinions, findings, and conclusions or recommendations expressed herein are those of the contributors and do not necessarily represent the official position or policies of the U.S. Department of Justice or of the MCVRC.

We are sorry that you have become a victim of Identity Theft. It is wrong when a person takes something that belongs to someone else, but it becomes even more complicated when it is our very identity that was taken. Nothing is more personal to us than our own identity, and when the documents representing that identity are stolen, a person can feel very vulnerable.

You may have never been a crime victim before and are having thoughts and feelings that seem foreign to you. Most of these are perfectly natural reactions. It's not that something is wrong with you. It's the event itself that is terribly wrong.

GET HELP

The Good News, however, is that we are standing by with every tool we know to walk through this process with you. Try not to lose hope. Work with us to solve the problems of your own Identity Theft and to stop the thief from repeating the crime with someone else.

Following are some reactions that are common to most victims of Identity Theft:

FEAR & VULNERABILITY

You may begin to dread interacting with people, of opening the mail, of answering the phone, of attempting to make purchases by check, credit card, or on-line.

DIMINISHED TRUST

You may find that you are becoming less forthcoming and open, tending to shut out people who were previously trusted because you don't know who might be involved in your Identity Theft. Some people become worried about personal safety and add gates, fences, and locks. It is challenging to think that the thief may be watching you and looking for more personal information.

ANGRY

You may be angry not only at the thief, but at the collection agencies and bureaus harassing you for payment, or at law enforcement for not being able to stop the thief, to verify your victimization, or to repair your credit history for some time.

OVERWHELMED

It takes planning, time, and work to resolve the problem. It may help to break down your efforts into small manageable tasks, and make a goal to complete one task at a time.

DEFENSIVE

You may get tired of constantly having to explain that you are a victim of Identity Theft with no way to substantiate your claim. It's very easy to take out your frustration on others, even those who do not deserve it.

EMBARRASSMENT

As others wait behind you or watch from afar, you may have to try to explain what happened in the checkout line at the grocery store, at a traffic stop, at the bank, or when trying to collect benefits to which you are entitled such as Social Security or Unemployment compensation. One of the most challenging aspects of Identity Theft is that you can't prove that it happened to you for some time, and even when you can, trying to explain it is complicated.