

**Worksheet 4.2**

**Possible Victim Impact—Physical, Psychological/Emotional,  
Financial, and Spiritual Impact**

<b>Physical Impact</b>	<b>Psychological/Emotional Impact</b>
<ul style="list-style-type: none"> <li>▪ Physiological anxiety, including rapid heart rate, hyperventilation, and stomach distress</li> <li>▪ Physical injuries such as gunshot wounds, lacerations, broken bones, sprains, burns</li> <li>▪ Physical injuries that lead to other health conditions, such as heart attack, stroke, fractures from falling, loss of dexterity</li> <li>▪ Increased risk of cardiac distress, irritable bowel syndrome, and chronic pain</li> <li>▪ Permanent disability</li> <li>▪ Disfigurement</li> <li>▪ Immune disorders that increase potential for infectious diseases</li> <li>▪ Substantial lifestyle changes, including restriction of activities once enjoyed</li> <li>▪ Lethargy and body fatigue</li> <li>▪ Sleep disorders</li> <li>▪ Loss of appetite, excessive appetite, or eating disorders</li> <li>▪ Decreased libido and sexual dysfunction</li> <li>▪ Inability to work</li> <li>▪ Increased risk of future victimization</li> <li>▪ For sexual assault victims, possible exposure to sexually transmitted diseases, exposure to HIV, or unwanted pregnancy</li> <li>▪ Infertility/pregnancy</li> <li>▪ Self-mutilation</li> <li>▪ Loss of hair</li> </ul>	<ul style="list-style-type: none"> <li>▪ Shock</li> <li>▪ Terror</li> <li>▪ Feelings of unreality</li> <li>▪ Feelings of numbness</li> <li>▪ Confusion</li> <li>▪ Helplessness</li> <li>▪ Fear</li> <li>▪ Anger or rage</li> <li>▪ Grief or intense sorrow</li> <li>▪ Enhancement of particular senses (hearing, smell, sight)</li> <li>▪ Anxiety (terror, helplessness, or feeling out of control)</li> <li>▪ Difficulty trusting self or others</li> <li>▪ Depression</li> <li>▪ Panic symptoms</li> <li>▪ Anxiety disorders (panic disorder, agoraphobia, or obsessive-compulsive disorder)</li> <li>▪ Inability to concentrate</li> <li>▪ Guilt and self-blame</li> <li>▪ Denial</li> <li>▪ Hypersensitivity</li> <li>▪ Shame</li> <li>▪ Preoccupation with the crime/retaliation/revenge</li> <li>▪ Concerns about personal safety</li> <li>▪ Problems with important relationships</li> <li>▪ Social withdrawal</li> <li>▪ Concerns about being believed</li> <li>▪ Concerns about being blamed</li> <li>▪ Negative changes in belief system</li> <li>▪ Increased feelings of vulnerability</li> <li>▪ Paranoia</li> <li>▪ Increased risk of alcohol or other drug abuse</li> <li>▪ Isolation</li> <li>▪ Persistent avoidance of things associated with the traumatic event</li> <li>▪ Suicidal ideation</li> <li>▪ Posttraumatic stress disorder</li> </ul>

PARTICIPANT WORKSHEETS  
**National Victim Assistance Academy Track 1: Foundation-Level Training**

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<b>Financial Impact</b>	<b>Spiritual Impact</b>
<ul style="list-style-type: none"> <li>▪ Medical bills (emergency transportation, hospital stays, inpatient and outpatient physical care, medical supplies)</li> <li>▪ Medication and prescription drugs</li> <li>▪ Replacement of eyeglasses, hearing aids, or other sensory-aid items damaged, destroyed, or stolen</li> <li>▪ Rental and related costs for physical mobility-restoration equipment (wheelchairs and ramps, crutches)</li> <li>▪ Physical therapy</li> <li>▪ Occupational therapy</li> <li>▪ Job retraining</li> <li>▪ Mental health counseling and therapy</li> <li>▪ Loss of wages due to incapacitation, rehabilitation, or taking time off from work to repair damages from property crimes, participate in criminal or juvenile justice proceedings, or seek medical or mental health treatment</li> <li>▪ Crime-scene cleanup</li> <li>▪ Loss of or damage to personal property</li> <li>▪ Costs of replacing locks and changing security devices</li> <li>▪ Child and elder care</li> <li>▪ Fees incurred in changing bank or credit card accounts</li> <li>▪ Higher insurance premiums</li> <li>▪ Relocation expenses</li> <li>▪ For homicide victims, funeral and burial expenses and loss of income</li> <li>▪ Bankruptcy</li> <li>▪ Legal fees</li> </ul>	<ul style="list-style-type: none"> <li>▪ In an attempt to understand events that make no sense, people often turn to the spiritual beliefs with which they were raised, even if they do not normally engage in religious practice. These spiritual insights are helpful for some victims. Other victims express disappointment in their faith communities' reactions.</li> <li>▪ All religions accept human suffering as a component of the human experience, but understand its role differently. Hindus and Buddhists understand the role of karma in tragic events and seek to accept what has happened rather than seek justice. Jews believe that God expects human beings to act in kindness to one another, and when they do not, justice is sought and forgiveness must be earned. The wide gamut of Christianity practiced in the United States includes all perspectives from acceptance as "God's will" and forgiveness of offenders to strong drives for justice in the secular arena. Muslims believe they have a special mission from Allah to create a just society. They condemn violence and willingly participate in the justice system.</li> <li>▪ Anger at a higher power</li> <li>▪ Loss of spiritual support system</li> </ul>