

Pick & choose which questions you would like to answer, or write your own, or allow your interviewer to ask you what questions they have. This is your interview, do it in whatever way empowers you to share that which is in your heart to share.

How did you find forgiveness for the person who was supposed to love, care, protect and support you? How did you find forgiveness for the person who broke your TRUST? As a child did you love and trust the person who harmed you?

Can you tell me what you were thinking when you were being harmed?

Can you tell me how you were feeling when you were being harmed?

How old were you? Do you know how old the person was that harmed you?

In your own words, please tell me about having been sexually abused.

How has being sexually abused affected your religious or spiritual beliefs?

Can you tell me how relationships in your life have been affected because of the sexual abuse you experienced as a child?

If you did not tell anyone about the sexual abuse you received as a child, can you tell me what the reasons were you did not tell?

If you could go back and tell your child self one thing, what would it be?

What do you want every child to know that might help prevent them from being sexually abused?

What would you like to say to people who harm children?

What matters most to you on a daily basis?

Thinking back over your life, please share with me what has helped you most to recover and thrive from the trauma of having been sexually abused as a child?

Who are you because of the sexual abuse you experienced as a child?

What do you value, long for, care about?

Can you tell me what you wished you would have done differently before, during or after the abuse that may have changed the results of what you experienced?

If there was one thing you would want to tell the person who harmed you, what would it be?

Can you tell me how you would describe yourself before and after the abuse?

Can you tell me what your greatest challenge has been living life after the sexual abuse?

What knowledge do you wish you had as a child that may have prevented you from being sexually abused?

What do you hope will be accomplished by sharing your story?

Do you know if the person who sexually abused you, was abused him/herself as a child? If so, please tell me what you know about that person's story?

What do you care most about in this life of yours?

What were the long term detrimental affects to your body, mind and spirit caused by the sexual abuse?

Can you tell me how you coped with the abuse? Did you turn to drugs, alcohol, sex, shopping, food, religion etc.

Did you tell anyone about the abuse after it happened? If so, who? What were the consequences of telling? Were you believed?

Where did the abuse happen? What state, city, country, car, couch, back yard, school room etc.

Can you tell me how the person was related to you? A family member? Friend of the family? A stranger?

Do you know how old the person was who harmed you?

Do you know if the person was under a mind altering substance at the time harm occurred?

Can you tell me what happened, how old were you?

In your own words, please tell me about your experience of being sexually harmed as a child.