



Speaking from Experience *Grief, Trauma & Victims of Crime*

Transcript for chapter 11 of 11: Thoughts for other victims

Michelle and Belynda - Just be patient and take each day as it comes.

Michelle and Belynda - Don't try and expect miracles from each day.

Michelle and Belynda - Don't expect miracles from yourself. I cried every single day in the first six weeks. Don't think you can do all your crying in the first week and then life goes back to normal. It just doesn't happen that way.

Tina - I'd recommend, for your own recovery, that it was reported. At least if the perpetrator is caught, questioned, perhaps serves a gaol sentence, at least there is some form of justice which helps the recovery.

Peter - Maintain a positive attitude and forget the negatives and just keep driving on. You'll eventually get there.

Nigel - I'd tell them to do as much as they can to help themselves out, through victims of crime or through the police. Do everything you can to help yourself out and to get over it.

Lucia - Pursuing a criminal action is a personal choice. They have to be prepared for it. For myself, from my own experience, it was very, very hard. It was a challenge. I believe you need to face your fears. If you can face your fears, that's how you can set yourself free.

Lisa - You're not the only one. So don't feel sorry for yourself. Fight it and get on with life.

Lucia - We have to make society aware and make everyone stand up and take responsibility. Start doing something about it. Starts sticking up for other little children that they suspect are being abused. If they're scared in a court room, imagine how a child's going to feel. But don't give that child a lifetime sentence. Help them. I know I would've like to have been helped.