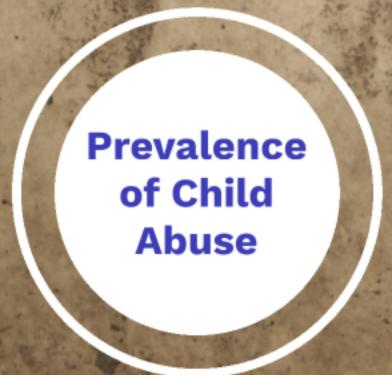


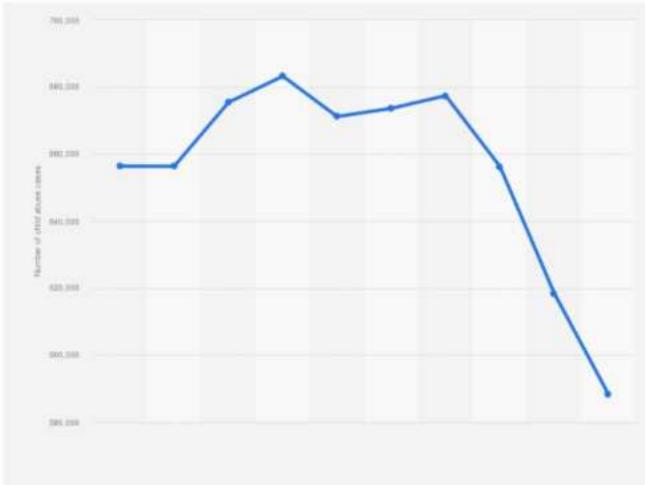
# Fleeting Resilience: Behavioral Divergencies from Child Abuse Hinder Quality of Life

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# Prevalence of Child Abuse



(Statista)

...causing significantly  
detrimental effects  
for these children.

"More than 600,000  
children are abused in  
the U.S each  
year..." (NCA)



(Ramlagan)

**Source of  
Trauma**

# Source of Intense Trauma

Trauma...defined as, "...psychological, life-threatening injury resulting from catastrophic...experiences, from which the individual...cannot escape, but to which the reaction is one of terror, helplessness, and a sense of being overwhelmed"

- Dr. Guitele J. Rahill, Professor at the School of Social Work at the University of South Florida, 2016

# Coping Mechanisms



(Josaphat)



(ICRC)

# ...Leading to Behavioral Divergencies

Similar to how many child abuse survivors engage in certain protective factors, such as optimism, to cope with their trauma.

(Jennifer Foster, Assistant Professor of Counselor Education and Counseling Psychology at Western Michigan University)



(Study.com)



(Bernard-Jacobs)

...hinting to the idea of behavioral divergencies, or changes in behavior considered to be 'out of the norm,' in this case triggered by coping with and trying to become resilient to child abuse.

# **Research Question:**

Are the divergent behaviors exhibited by survivors of childhood abuse effective at helping them sustain a high quality of life even after abuse-related trauma is no longer prevalent in their lives?

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## I. Impact on Well-Being



(Sutton)

- Many behavioral divergencies are maladaptive.



(Baker)



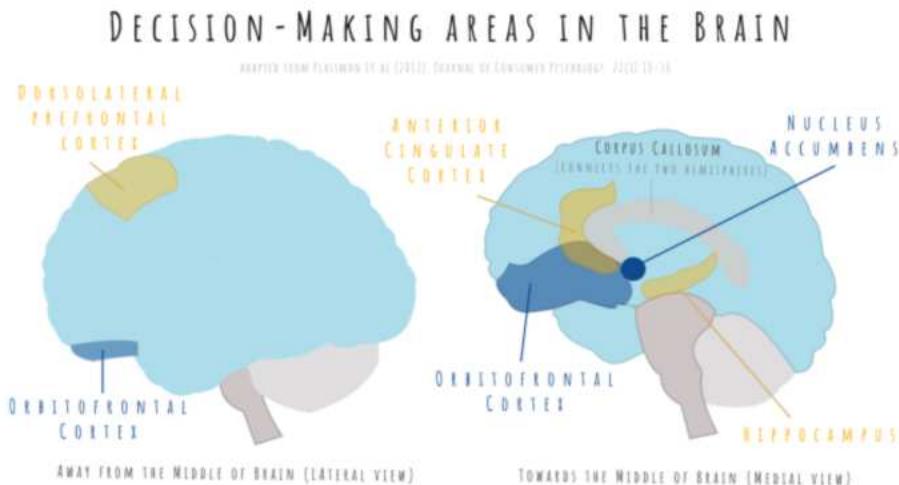
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## II. Impact on Decision-Making



(Kwik Learning)

This cognitive change causes survivors of child abuse to avoid risk-taking, often to such an extent that when they face difficult decisions, they make choices without rationalizing.

In the long term, lower self-esteem alongside self-blame can cause harm to the brain areas that serve intentional self-regulation, decision-making, and planning.

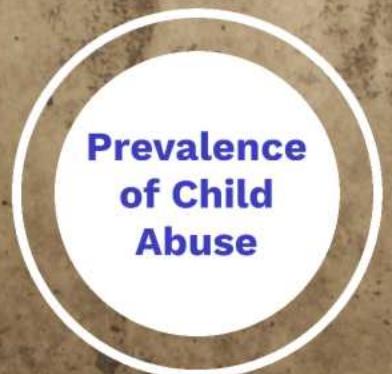


(Hall)

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### III. Impact on Social Ability

- Those who do not gain resiliency often find it hard to trust others or speak up.



(Edgecomb)



(Elliot)

- Those who do often appear unemotional and harden themselves to any and all criticism.

Regardless, most victims become incapable of connecting with others.

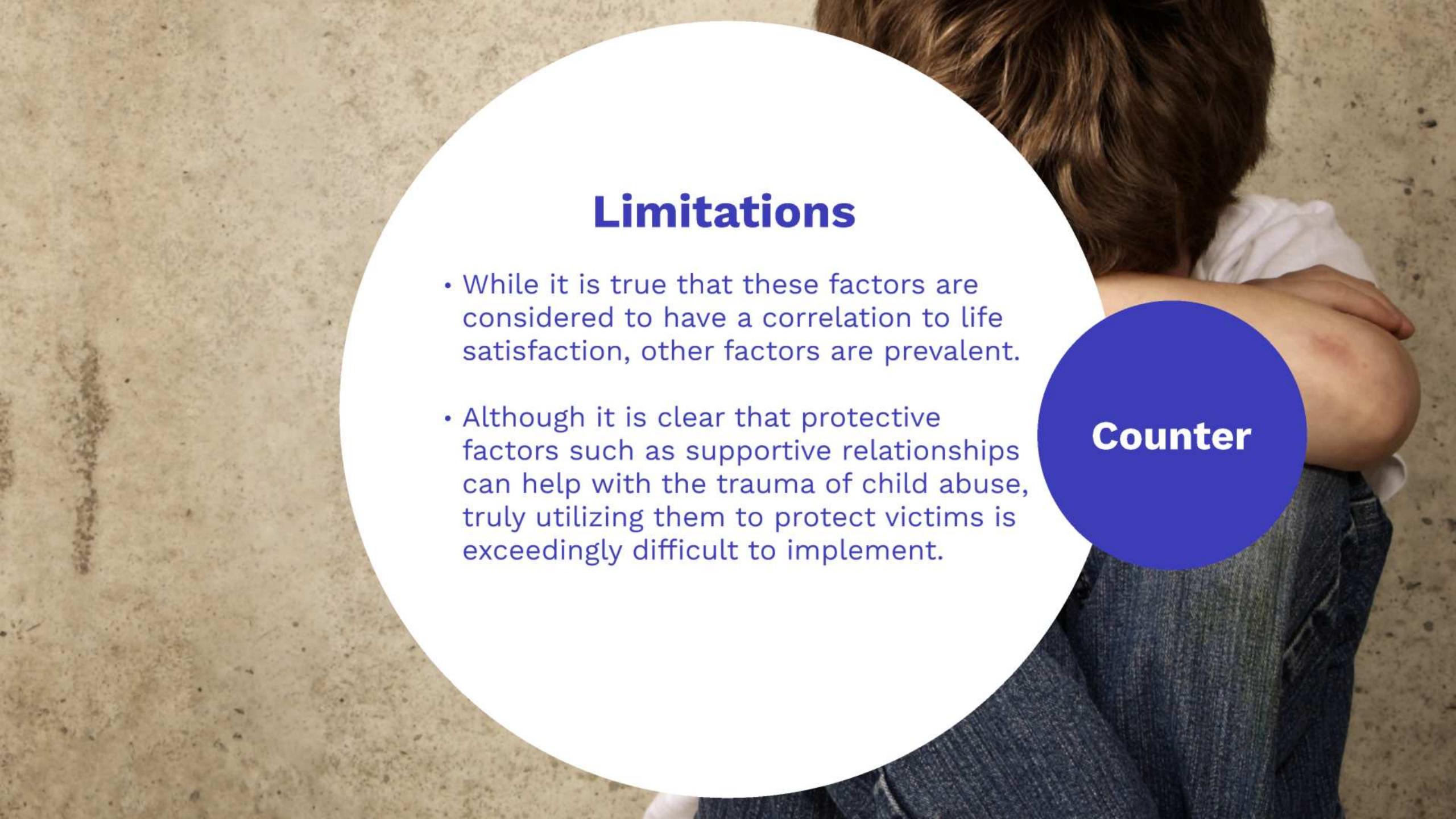


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A photograph of a person with long brown hair, seen from behind, sitting with their head down and arms wrapped around their knees. They are wearing a white t-shirt and dark jeans. The background is a plain, light-colored wall.

## Limitations

- While it is true that these factors are considered to have a correlation to life satisfaction, other factors are prevalent.
- Although it is clear that protective factors such as supportive relationships can help with the trauma of child abuse, truly utilizing them to protect victims is exceedingly difficult to implement.

A solid blue circle containing the word "Counter" in white, bold, sans-serif font.

**Counter**

# Counter: Child Abuse Trauma Builds Resilience



(American SPCC)

But survivors often only develop resilience if they are exposed to protective factors, and many do not have access to them.

Many perpetrators of child abuse believe what they are doing helps the child become resilient.

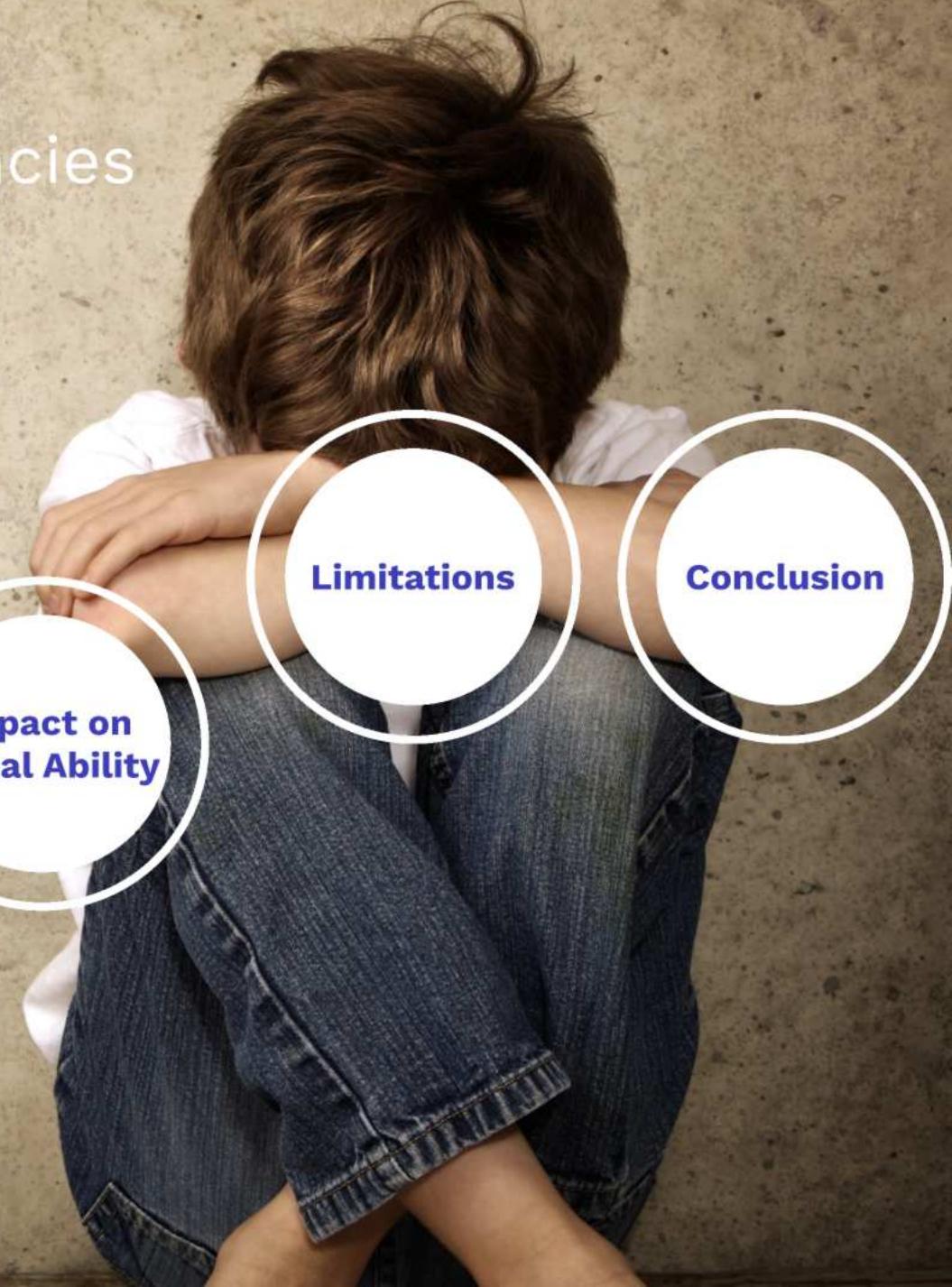
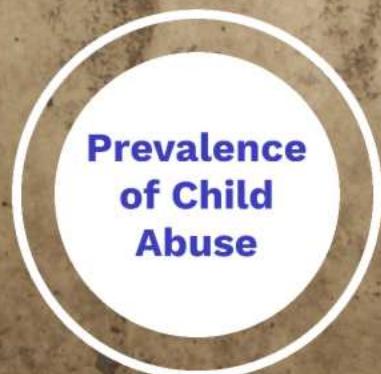


(Child Welfare)

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# Conclusion

The behavioral divergencies associated with exposure to child abuse often become maladaptive, detrimentally influencing each survivor's quality of life.



(Priory)

In order for these divergencies to remain beneficial, children need to be exposed to protective factors and encouraged to form supportive, caring relationships.

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