



DISQUALIFIED

Do not disclose anything to someone who is unresponsive, dismissive, aggressive, or incapacitated.

MATCHUP If you have to engage with someone who has no skills to support you, do so at a minimum to protect your survival. It's possible that this person is a perpetrator, so be very cautious. It's also possible that they're a victim in crisis mode unable to engage. Use your best judgment while keeping your distance. If this person plays a substantial role in your life, work with a health professional to determine how to safely evolve or end the connection.

TYPE

1

UNFAMILIAR DISENGAGED

(No subject knowledge, minimal desire to learn)

- Doesn't realize 20% of people they interact with are sexual trauma victims.
- Doesn't process the role of sexual trauma in your life and sees it as separate from you.
- Doesn't think about safety when interacting with you or engaging in activities.
- Doesn't make much of an effort to impress you with mental health awareness or supportive qualities.
- Shows up for you beyond the trauma and helps you build out other happy and exciting areas of your life.
- Becomes a companion who offers a relatively trauma-free happy place where you don't have to dwell on the past.
- Could be a struggle getting them to take your symptomatic episodes seriously.

MATCHUP This is a good person to interact with if you want to minimize trauma symptoms in your daily life. Just be sure you're not suppressing to keep them comfortable. If they play a substantial role in your life, plan to largely self-manage or have more familiar and engaged people around to fill the gaps.

TYPE

2

UNFAMILIAR RECEPTIVE

(No subject knowledge, willing to learn)

- Has a sincere emotional response to disclosure.
- Wonders how sexual trauma has impacted your life and politely follows up with questions.
- Responds to your safety concerns when you suggest them.
- Makes sure you know they're available if you need to share more with them.
- Is reliable and celebrates recovery milestones with you when you share them.
- When you're symptomatic they learn to adapt and do what you need.
- With time they could naturally mature into a type 3.

MATCHUP This is a good person to interact with if you really care for them and you don't mind having to educate them on the issues and recovery tools. This could be a sweet spot for acquaintances or if you'd prefer to mostly manage symptoms on your own with occasional support. If you want to go deeper, these attributes are a building block for growth in closer ties.

TYPE

3

FAMILIAR RECEPTIVE

(Has subject knowledge, willing to learn more)

- Affirms your shares and asks how they can learn more or help.
- Recognizes that you've been impacted and isn't afraid to dive in if it naturally comes up.
- Initiates conversation about your safety protocols for interactions and activities.
- Works independently to improve knowledge and initiates sharing approaches for addressing symptoms together.
- Anticipates your triggers and coordinates with your support network to help you feel your best.
- Approaches becoming an anchor in your support network with gusto and maybe leads other support network members to be more effective.
- Becomes a strong ally if you decide to take on activism.

MATCHUP This person is a dreamboat if your symptoms require significant management, or if you plan to pursue ambitious activism. They'll be all in. These attributes would well-equip someone to play a substantial role in your life. If you prefer more privacy, though, be ready to set boundaries.

THE DISCLOSURE MATCHUP

TYPE

4

IMPACTED STRUGGLING

(Is also a victim, needs significant support)

- Breathes a huge sigh of relief because you're kindred spirits.
- Inherently knows that you've been impacted and can conceptualize how it played a role in your maturation.
- Is aware that interactions and activities might not feel safe, but might not be sure how to broach subject.
- Mutual sharing of your experiences could be incredibly rewarding, or it could be highly triggering and call for strong boundaries.
- Can feel draining, dragging you back in your own recovery.

MATCHUP This could be you. Or was you. So lots of compassion here. If you're comfortable growing with this person, it could be very rewarding. There should be more to the relationship, though. Be aware of trauma bonding.

TYPE

5

IMPACTED MANAGING

(Is also a victim, uses tools to manage symptoms)

- Finds a balance between giving and receiving support for long-term sustainability.
- There is more to connect around than shared trauma and your mutual joy grows to be highly satisfying.
- You live peacefully in the healed state you've earned individually and established together.
- You can explore your unique capacity for shared activism.

MATCHUP It feels pretty amazing to be seen by someone with relevant experience, and this is a good person to have around if you can effectively manage symptoms together.