It’s Not Your Fault: Empowerment After Financial Fraud

Many victims feel helpless after experiencing fraud. Not only do you have to overcome the financial loss, but you might also be experiencing a tremendous emotional impact.

Some common emotions resulting from financial fraud are:
- Grief
- Shame
- Fear
- Guilt
- Anger
- Anxiety
- Depression
- Embarrassment
- Loss of trust in others
- Loss of a sense of security

Practice Self-Care

Have a toolbox of things you can do in a moment to relieve negative thoughts or emotions, such as deep breathing, a mantra, or going for a walk.

Engage in regular activities that you enjoy, such as hobbies or spending time with friends and family.

Have good boundaries. This means knowing your limits in what you do and say, as well as letting others know how you want to be treated.

Stay Connected

Adverse effects of fraud trauma like depression, anxiety, and suicidal thoughts can intensify due to isolation. To counteract this, stay engaged with your social network. Regularly spend time with family and friends. Even if you don’t talk about your experience, this connection is vital. Also, consider connecting with peers who have undergone similar experiences. This peer support can provide a safe space for you to share your story, easing the process when you choose to discuss the experience with family and friends.

Focus on What You Can Control

Report the crime. Reach out for help from family, friends, other victims of fraud, or a mental health professional. Get educated on scams and psychological tactics scammers use to prevent re-victimization. Take your focus away from what happened and focus on your power to heal.

Learn More: www.giveanhour.org/financial-fraud