



Tips for watching or reading material that may be triggering

Watching films, TV shows or reading books that discuss sexual assault or abuse can be difficult. We encourage survivors to take care when watching or reading any media that may be triggering, so we wanted to share our 5 tips you might find helpful.

Everyone is on their own journey of recovery & your wellbeing must ALWAYS be your priority.

Break it down

Consider watching the programme at your own pace. Maybe that looks like 15 minutes at a time or one episode a week. Whatever feels the least overwhelming for you is the right option.

Call on your friends.

Try watching with a trusted friend or family member, or let someone know that you're about to watch something that might be triggering for you. If you know that someone is there to support you even before you need it, you will feel more comfortable reaching out if you do feel triggered or upset.

Alternatively, you can call a helpline. [The Survivors Trust helpline team](#) are happy to help you work through any memories that might resurface when watching triggering media.



Plan ahead.

Make sure you have something in mind that comforts you should you need it.

That might be a cuddle with your pet, exercise, cooking your favourite meal or putting on your favourite album. That way, if anxiety sets in, you have a distraction ready. [Or, check out a range of grounding techniques which can help ease anxiety >>](#)

Turn it off at any time.

You are in control. If you get half way through an episode and realise that it isn't for you, don't force yourself to watch any more.

It's ok to turn off the TV or excuse yourself if you need to. You don't have to prove anything to yourself or anyone else and how 'strong' you are is not contingent on your capacity to watch.

Give it a miss.

If you're not in the right frame of mind, give it a miss. Remember, YOU are the one who is in control.

If you've had a bad day or are feeling particularly bogged down, don't take on something that will only exacerbate those feelings. Be truthful with yourself and your capacity to handle challenging viewing - just because today you do not feel strong enough does not mean tomorrow will be the same.

Contact Us

Helpline for free, confidential support - 0808 801 0818

Email Support - helpline@thesurvivorstrust.org

Website - www.thesurvivorstrust.org

