

EMOTIONS TO BEING VICTIMIZED BY A ROBBERY

A robbery can be a violent, life-threatening situation. As a robbery victim, you may have many feelings, thoughts, and reactions to what has happened.

You may feel angry at the robber or the police and court system for not doing enough. You may feel intense sadness and grief over possessions that you have lost. You may fear that the robber will return or that another robbery might occur. You may feel guilt that perhaps something you did led to the robbery, even though you did nothing wrong.

You may feel nervous in crowds or very suspicious when you are alone with someone you do not know. You may have nightmares or flashbacks about the robbery. You may find that you startle more easily at little noises or abrupt movements. You may also feel vulnerable and that you are not in control of your life.

How victims react to robbery varies from person to person. Your reaction may be immediate or delayed. Although you may feel as if you are the only one experiencing these feelings and that no one else can understand what you are going through, your reactions are normal. Some reaction may decrease within a few days; others may continue for some time or resurface after being triggered by another event.

It is important for you to deal with and resolve your crisis reactions at your own pace. Just as everyone reacts to crisis differently, not everyone reassembles his or her life in the same way or within the same time frame. Many victims say it is helpful to talk with others about the robbery experience and about their crisis reactions. As victims talk about their experiences, over time they can put the incident into perspective and begin to cope with its consequences.

WHERE CAN YOU GET HELP

Remember, as a robbery victim, you are not alone. Your community may have victim assistance programs, caring professions, and support groups – all of which are there to help you with information, services, and referrals. Social services programs and trained professionals can also help you find out about your victim rights.

If the robbery involved an injury or threat of injury, you may be eligible for reimbursement from the Financial Benefits program. Victims Services in your community can help you determine your eligibility and help fill out compensations applications.

Remember, it is important to keep a record of expenses incurred as a result of the robbery. If the offender is arrested, charged and convicted, you may request restitution by completing a victim impact statement and listing your losses. Restitution for certain losses may be ordered by a judge as part of the sentence imposed on the offender. However, in many cases, the defendant may not have sufficient assets or income to pay restitution. It is possible that even if an offender is convicted and ordered to pay restitution, a victim may receive no, or only partial restitution for his or her losses.

No one has the right to commit a robbery against a person regardless of the circumstances.

If you have any questions please contact your local Victim Services Unit.