

# My home was burglarized. Now what?

## Normal Reactions

Fear of entering your home. Be assured that this is a common reaction to being burglarized.

Frustration at the loss of personal property. Sometimes the most seemingly insignificant items that are lost or stolen have more meaning to us than the obvious valuables. Things that can't be recovered or replaced often leave us with feelings of anger toward whomever it was that did this.

Fear of sleeping or being alone in your residence. Your feelings of safety and security have been assaulted. You have now become a part of the statistics about burglaries. You now know that, "Yes, it can happen to me." When we come to grips with our own vulnerabilities we feel insecure and unsure about our future safety. We now know that there are no guarantees.

## Range of Emotions

Many people believe that "property" crimes are not "people" crimes. Victims know better.

Most victims report that they are angry and upset that someone entered their home and took their valuables. Reporting and replacing stolen items is a bother and an inconvenience. When those articles are irreplaceable, our feelings can be similar to those we experience whenever we lose something or someone dear to us.

It is normal to feel upset after your house has been broken into. Someone has entered your private space – a place you reserve for those invited. The experience can be intimidating and the fact that there is often no direct recourse is an additional irritant. There is a sense in which the security once enjoyed is now compromised. It is not uncommon to feel somewhat uneasy.

## Practical Help

Please remember to call your insurance agent and cancel all stolen credit cards and checking and savings accounts that may have been compromised. In most circumstances you are not responsible for illegal use of your accounts after you have reported the crime/loss.

If you discover additional items are missing, or if you discover additional damage or evidence, be sure to contact your law enforcement agency.