

Noticing the Effect of PTSD, Complex Trauma & Attachment Disruption in Your Life

Answer Yes or No to the following questions to help you better understand how your experiences currently impact you:

PTSD:

1. Have you directly or indirectly (ex- witnessed or became aware of) experienced an event or events that made you fear for your life, safety or physical or emotional well-being? _____
2. Do you experience recurring intrusive memories, thoughts or dreams of the distressing events or events that are hard to control or distract from? _____
3. Do you ever experience flashbacks where you feel the traumatic event is happening again? _____
4. When something reminds you of the event, do you feel noticeably dysregulated and have a hard time calming yourself OR start to feel like you are dissociating (zoning out)? _____
5. Do you avoid things that remind you of the trauma in any way? _____
6. Do you struggle with negative beliefs about yourself, other people & the world since the event happened? _____
7. Do you have symptoms of hyperarousal, including being hypervigilant, outbursts & exaggerated startle response? _____

Complex Trauma

This type of trauma typically involves an ongoing situation and occurs in the context of relationships with others. Examples are childhood emotional neglect or abuse, physical or sexual abuse in any context, caregivers who are unable to attune to your emotional needs (ex- children of those with mental illness or substance abuse issues), exposure to violence in the home, abandonment by individuals close to you, etc.

1. Do you have difficulty regulating your emotions on a regular basis? _____
2. Does difficulty managing emotions sometimes result in engaging in self-destructive, self-sabotaging and/or impulsive behavior? _____
3. Do you often feel disconnected from yourself or numb (dissociation) & have difficulty identifying what you feel? _____
4. Do often feel disconnected, distrustful or “different” from others in a way that feels isolating? _____
5. Do you notice certain patterns tend to show up in your interpersonal relationships that trigger you? (ex- individuals who mistreat you, being disrespected/ignored, etc) _____

6. Do you suffer from multiple or unexplained physical ailments (ex- digestive issues, chronic pain, problems w/o medical diagnosis in an area of your body effected by trauma, frequent unexplained panic, sexual issues, etc) _____
7. Do you have a chronic negative image of yourself? (ex- constant shame, feel unlovable, feel like “damaged goods”, etc) _____
8. Do you sometimes feel preoccupied & very “wronged” by your experiences & then minimize or deny these experiences at other times? _____
9. Do you struggle with how to perceive those who hurt you? (This can include idealizing perpetrator, preoccupation w/ those who hurt you, believing things you were told by perpetrator that negatively impacts your present life, etc) _____
10. Do you have repetitive experiences of being victimized by others? _____
11. Do you have difficulty noticing sensations in your body until the sensation becomes very strong or uncomfortable (ex- pain, need to use bathroom, hunger, emotions) _____

Disruptions in Attachment

1. Do you fear or avoid being close to others? _____
2. Do you get very anxious about where you stand in relationships with others? _____
3. Do you seek reassurance in relationships too often, resulting in others pulling away? _____
4. Do you mistrust others motives most of the time? _____
5. Do you fluxuate between really wanting contact/having loving feelings in relationships but then feel “done” with that same person when negative feelings arise towards them? _____
6. Do you have difficulty with creating healthy boundaries with others? _____
7. Do you often have difficulty reading others cues or making meaning of others behaviors?

8. Do you have difficulty expressing yourself & getting your needs met in relationships with others? _____
9. If someone isn’t immediately available or there is a lapse in contact, do you have trouble remembering that the relationship is still there? _____
10. Do you feel either uninterested or consumed by intimate relationships? _____
11. Do you often feel so critical of others it isolates you? _____
12. Do your intimate relationships tend to be intense? _____