TRAUMA CHECKLIST

Check any of the items below you have experienced or witnessed.

1. I have trouble sleeping, either getting to sleep, staying asleep, or both.
2. I feel exhausted most or all of the time, even when I get what would be called adequate sleep.
3. I often have nightmares.
4. Sometimes I wake up and I feel like I am having a panic attack.
5. I have panic attacks and I can't identify any triggers.
6. I have memory loss (short, long term, or both) and I don't know why.
7. I often feel like I am in a “fog” and I can’t come out of it.
8. When I walk into a new place, I often find myself scanning for danger.
9. I feel hyper alert.
10. Loud noises cause me to jump.
11. I often find myself angry or irritable over what seem to be “little” issues.
12. Sometimes I feel like I am reliving my trauma, and it is so vivid, that I am not able to remember that I am in the “here and now,” and I feel like I am “back there.”
13. I suddenly lose my place when I am talking to others, or feel like I am just “coming to” in the middle of a conversation, not remembering what was just said.
14. I rock back and forth, hum, wring my hands, or have other nervous or rhythmic body movements, with no known medical reason.
15. I have bowel issues including frequent diarrhea, constipation or both.
16. I have been diagnosed with an autoimmune disorder such as fibromyalgia, irritable bowel syndrome, or other disorder.
17. I have trouble sometimes with eating, such as not wanting to eat, feeling nauseated when I do eat, or not being able to keep food down, and this is not due to a medical condition or eating disorder.
18. I have been scared by something and have done something I feel embarrassed about such as dropping to the floor, flinching, curling into a ball, losing my bowels, covering my ears or eyes with my arms, screaming out loud, etc.
19. I have difficulty feeling love or other positive feelings.
20. I can’t imagine a future for myself, or me growing old.
21. I have feelings of worthlessness.
22. I feel like I am responsible for the trauma that has happened to me.
23. I find it hard to trust others, even when I know the person is a trustworthy person.
24. I feel negatively towards other people.
25. I hardly ever feel “safe.” I have a hard time even imagining a place where I would feel safe.
26. I often isolate myself in my house, or away from others.
27. I feel emotionally “numb” (unable to feel positive or negative emotions)
28. Sometimes I have the weird experience of things not feeling “real” whether this is the world around me, parts of my own body, or both
29. People have told me that I often “space out” or “go somewhere else”
30. I feel like I am the only person in the world going through these things, and that there must be something wrong with me

WHAT NOW?
If you have checked several of these items, you may be experiencing impacts from trauma. You are not alone. Each of these symptoms can be alleviated through working with a trained therapist, spiritual guide, or healer.