

## UNRESOLVED TRAUMA CHECKLIST

- Having chronic anxiety (mild, moderate, or severe) or panic attacks
- Not feeling comfortable in your own skin
- Being triggered by unexplained things or events (detesting the color purple, for example or hating a certain smell)
- Trouble sleeping, often with intense or scary dreams
- Fear of abandonment
- Continuously finding yourself in unhealthy relationships
- Substance abuse or dependence (including smoking)
- Addiction (food, television, social media, shopping, gambling, porn)
- Frequent need to check out
- Inherent need to stay busy
- Unexplained depression or dysthymia
- Finding yourself consistently in survival mode
- Procrastination
- Anger management issues (or being labeled a hair trigger)
- Fear of confrontation or conflict
- “Knowing” something happened to you at a certain age but not knowing what
- Emotional dysregulation

- Irrational fears or hypochondriasis
- Being embarrassed easily
- Social anxiety
- Feelings of shame
- Not being able to manage money properly
- Inability to feel emotions (good or bad) or “numbness”
- Having good intuition and being able to “sense” danger or a bad person
- Any kind of self-mutilation (can include multiple piercings or tattoos)
- Constantly worrying about what others think
- Being different in public versus at home
- Not wanting to participate in life outside of the requirements
- Not trusting others
- Not having friends
- Constantly finding things to complain about
- Brain fog and lack of focus
- Perfectionism
- Frequent physical pains or ailments (or disease)
- Avoids sex or being touched (including hugs)
- Overreacts to minor frustrations
- Black and white thinking
- Feeling like the world is not in your favor
- Being overly preoccupied with sex
- Having lots of clutter or hoarding tendencies
- Acting like life is always wonderful. “No bad days”

- Talking too much or not enough
- Fear of being alone
- Unstable relationships

This is by no means an exhaustive list, but it's a great start. How many did you check? If you checked one or two, that doesn't necessarily mean you have unacknowledged trauma in your past. If you checked more than a few, it's a question worth exploring. Since you're reading this book, you probably have a good idea that you experienced trauma at some point in your life, but you may have a friend or family member who is still in the dark. Give them this checklist and see if any lights go off.