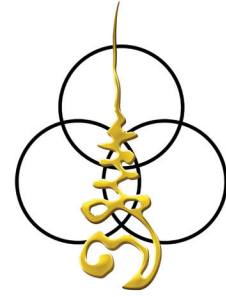


## Trauma-Type Self-Test

### THE THRIVING SELF ©



Consider the first two options and chose the one that you feel is the most accurate description of you. If you feel both apply, choose the one that seems the most dominant. Only select option 3 (neither) if you really cannot relate to the first two.

1. d) I feel so uncomfortable in my own skin

a) I'm unloveable

n) neither

2. e) The world and the evil in it is deeply disturbing to me

c) The tension inside my body is so intense, people tell me they are uncomfortable around me it

n) neither

3. a) I am permanently damaged

f) I wish I had something I believed in

n) neither

4. b) I feel that what happened to me was so unacceptably unfair

f) I feel confused by my morals sometimes

n) neither

5. d) Sometimes the uncomfortable sensations in my body surprise me by their intensity

a) It's really important to me that those around me know about my trauma

n) neither

6. e) I no longer believe in the goodness of humanity

a) Most of the time, I feel inadequate

n) neither

7. a) Life is always unfair to me

c) My negative sensations in my body completely control my life

n) neither

8. c) More often than not I freeze and have a hard time thinking as fast I would like

e) I can't forgive myself for what I did

n) neither

9. f) Sometimes I lose sense of myself or lose sense of time or lose sense of where I am

a) I wish others knew how hard life has been for me

n) neither

10. e) There is a force or energy in the world that feels dark and has influenced me

b) Most of the time, I feel I am not good enough

n) neither

11. b) I am sometimes the one at fault in my bad dreams

d) My anxiety takes over my body in certain situations, so much so that I'd rather avoid the situation

n) neither

12. a) What happened to me was so severe I can't imagine anyone ever understanding my trauma

e) I feel lost, that life is without meaning and have no real belief in anything greater than myself

n) neither

13. c) Most of the time I can't feel my body

f) It's not right that I experience pleasure when others have lost so much

n) neither

14. b) My nightmares sometimes make my self-criticism worse

f) My sense of morality has changed since my trauma

n) neither

15. d) My body is jumpy around others and I wish it would just relax

b) My intrusive thoughts about what happened leave me with negative thoughts about me now

n) neither

16. e) I avoid any spiritual/religious or philosophical belief  
d) Sometimes I experience irritability for no reason at all  
n) neither

17. b) Bad things seems to happen to me more than others  
c) I've been told that I'm really jumpy around others even though I can't even feel it myself  
n) neither

18. d) Insomnia can effect my day  
f) life seems meaningless at times  
n) neither

19. e) My ancestors experienced such horror it's hard for me to trust people  
d) My body sometimes reacts strongly to certain people because of past oppression  
n) neither

20. c) The rage inside me dominates everything I do  
e) I'm alone, we die alone, so what's the point  
n) neither

## **Scoring:**

Total up the number of a) and b) choices you selected and record that here \_\_\_\_\_.  
This is your score for Trauma Mind.

Total up the number of c) and d) choices you selected and record that here \_\_\_\_\_.  
This is your score for Trauma Body.

Total up the number of e) and f) choices you selected and record that here \_\_\_\_\_.  
This is your score for Trauma Spirit.

## **Complex Trauma**

If one or more of your scores for Trauma Mind, Body or Spirit are above 5, please consider treatment with a trauma specialist as soon as possible to help you heal.  
Total all three categories \_\_\_\_\_.

If your total score is:

0 - 3 Self-guided healing is possible. You would benefit from some of the exercises in: *The Thriving Self: A New Paradigm in Healing Trauma in the Mind, Body and Spirit and Moving Beyond It* and the references therein. [www.TheThrivingSelf.com](http://www.TheThrivingSelf.com)

4 - 8 You would benefit from working with a trauma informed mental health professional in addition to the exercises in *The Thriving Self*.

9 - 13 You would benefit from working with a mental health professional trained as a trauma specialist in addition to the exercises in *The Thriving Self*

14 - 20 Consider finding a trauma specialist that works for you as soon as possible. You do not have to feel this way, there is help for you.

For more information on understanding each trauma type, identified vs non-identified, and identifying the right type of trauma treatment based on your trauma-type, please refer to the book here:

Trauma-Type Self-Test

[www.thethrivingself.com](http://www.thethrivingself.com)

*Order*

### **The Thriving Self:**

*A New Paradigm for Healing Trauma in the Mind,  
Body and Spirit and Moving Beyond It*