

■ Trauma Awareness Questionnaire

This questionnaire is designed to help you reflect on life experiences that may have been traumatic or emotionally distressing. Answer honestly with "Yes" or "No." There are no right or wrong answers.

Childhood & Family Experiences

- Did you grow up in a home where there was frequent yelling, fighting, or chaos?
- Did you experience emotional neglect or feel unloved by a parent or caregiver?
- Were you ever physically hurt or threatened by someone in your household?
- Did you feel responsible for taking care of others' emotions as a child?
- Did you ever experience rejection or abandonment from a parent or family member?
- Were you ever made to feel like your feelings didn't matter?

Relationships & Betrayal

- Have you ever been in a relationship where you felt controlled or manipulated?
- Have you experienced betrayal from someone you deeply trusted?
- Have you ever stayed in an unhealthy relationship out of fear or guilt?
- Have you ever been isolated from family or friends by a partner or loved one?
- Have you ever been made to feel small, worthless, or powerless by someone close to you?
- Do you have difficulty trusting people now because of past relationships?

Loss & Grief

- Have you lost someone close to you suddenly or tragically?
- Have you ever experienced deep grief that felt too heavy to talk about?
- Do you find yourself avoiding memories of someone you lost?
- Do certain dates, songs, or smells trigger painful memories of loss?

Safety & Fear

- Have you ever been in a situation where you feared for your life or safety?
- Have you ever witnessed violence or abuse?
- Have you ever been in an accident, natural disaster, or frightening event that still affects you?
- Do you sometimes feel unsafe even when there's no real danger?

Emotional & Physical Responses

- Do you often feel anxious, on edge, or easily startled?

- Do you experience frequent nightmares or flashbacks?
- Do you have physical pain, headaches, or tension with no clear medical cause?
- Do you find yourself emotionally numb or disconnected at times?
- Do you struggle with anger, guilt, or shame that feels hard to release?

Healing & Awareness

- Have you ever talked to someone (a friend, pastor, counselor) about your pain?
- Do you find it hard to forgive people who hurt you?
- Do you feel like part of you is still “stuck” in a painful past experience?
- Have you started to take steps toward healing, such as prayer, journaling, or therapy?
- Do you believe that healing is possible for you?

■ Reflection:

If you answered “Yes” to several of these questions, it may indicate areas where emotional healing is needed. Remember: acknowledging pain is not weakness—it’s the first step toward wholeness.

Notes / Reflections:
