



**Trauma-Type Self-Test**  
*40 question version*  
**THE THRIVING SELF ©**



1. I feel so uncomfortable in my own skin (d)  
True    Not true
  
2. I'm unloveable (a)  
True    Not true
  
3. The world and the evil in it is deeply disturbing to me (e)  
True    Not true
  
4. The tension inside my body is so intense, people tell me they are uncomfortable around me (c)  
True    Not true
  
5. I am permanently damaged (a)  
True    Not true
  
6. I wish I had something I believed in (f)  
True    Not true
  
7. I feel that what happened to me was so unacceptably unfair (b)  
True    Not true
  
8. I feel confused by my morals sometimes (f)  
True    Not true
  
9. Sometimes the uncomfortable sensations in my body surprise me by their intensity (d)  
True    Not true
  
10. It's really important to me that those around me know about my trauma (a)  
True    Not true
  
11. I no longer believe in the goodness of humanity (e)  
True    Not true

12. Most of the time, I feel inadequate (a)

True    Not true

13. Life is always unfair to me (a)

True    Not true

14. My negative sensations in my body completely control my life (c)

True    Not true

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

True    Not true

16. I can't forgive myself for what I did (e)

True    Not true

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

True    Not true

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

True    Not true

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

True    Not true

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

True    Not true

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

True    Not true

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

True    Not true

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

True    Not true

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

True Not true

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

True Not true

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

True Not true

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

True Not true

28. My sense of morality has changed since my trauma (f)

True Not true

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

True Not true

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

True Not true

31. I avoid any spiritual/religious or philosophical belief (e)

True Not true

32. Sometimes I experience irritability for no reason at all (d)

True Not true

33. Bad things seems to happen to me more than others (b)

True Not true

34. I've been told that I'm really jumpy around others even though I can't even feel it myself (c)

True Not true

35. Insomnia can effect my day (d)

True Not true

36. Life seems meaningless at times (f)

True    Not true

37. My ancestors experienced such horror it's hard for me to trust people (e)

True    Not true

38. My body sometimes reacts strongly to certain people because of past oppression (d)

True    Not true

39. The rage inside me dominates everything I do (c)

True    Not true

40. I'm alone, we die alone, so what's the point (e)

True    Not true

### 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 10, 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 - 8 Yes responses, Self-guided healing is possible. You would benefit from 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)

9 - 18 Yes responses, you would benefit from working with a trauma-informed mental health professional in addition to the exercises in *The Thriving Self*.

19 - 28 Yes responses, you would benefit from working with a mental health professional trained as a trauma specialist in addition to the exercises in *The Thriving Self*

29 - 40 Yes responses, 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. You can proceed to read exercises in the book but it's encouraged you answer most of the exercises in this book with your therapist as well.

# Identified versus Non-Identified in Trauma-Type Responses:

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*Please total the amount of each letter above in the field indicated below.*

## **Trauma Mind dominant Total =**

a) identified \_\_\_\_\_ b) not identified \_\_\_\_\_ = \_\_\_\_\_

If you have more Non-identified: Please read the Chapter on Trauma Mind.

If you have more Identified: Please read the Chapter on Trauma Mind with your therapist.

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

## **Trauma Body dominant Total =**

c) identified \_\_\_\_\_ d) not identified \_\_\_\_\_ = \_\_\_\_\_

If you have more Non-identified: Please read the Chapter on Trauma Body.

If you have more Identified: Please read the Chapter on Trauma Body with your therapist.

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

## **Trauma Spirit dominant Total =**

e) identified \_\_\_\_\_ f) not identified \_\_\_\_\_ = \_\_\_\_\_

If you have more Non-identified: Please read the Chapter on Trauma Spirit.

If you have more Identified: Please read the Chapter on Trauma Spirit with your therapist.

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

Identified: largely means that you will need to work with yourself and a mental health professional to assess your readiness for trauma treatment. Non-Identified: means you are likely ready for trauma targeted treatment and change

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:

Trauma-Type (40) 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*