



# Self-Evaluation Trauma Screening Worksheet

1	My life is so stressful and I often feel overwhelmed.	Yes	No
2	I often behave in ways that I regret later.	Yes	No
3	I often say and do things that hurt people I care about.	Yes	No
4	There are situations and people that often push my buttons and make me crazy, so I avoid them and keep to myself as much as possible.	Yes	No
5	I often feel empty and unsatisfied with my life.	Yes	No
6	I have tried to make important changes in my life, but found it impossible on my own.	Yes	No
7	I often feel others are trying to control me.	Yes	No
8	I would like to have more meaning in my life.	Yes	No
9	I want to do a better job of being true to my principles and living with integrity.	Yes	No
10	I think I may be suffering from primary, secondary, or environmental trauma.	Yes	No
11	I want my relationships to hold greater meaning, but each time I try to connect the more toxic the relationship becomes	Yes	No
12	When I am in meetings at work or in social situations I often have something to say, but I am afraid to speak up or I struggle to find my words.	Yes	No
13	I often overreact in situations where I felt unsafe or uncomfortable, but as it turns out I was not in danger.	Yes	No
14	I find it difficult to transition from work to home or from home to work.	Yes	No
15	I often feel controlled by runaway behaviors, emotions, and thoughts.	Yes	No

Scoring: If you scored two or more “yes” answers, then you should seriously consider Making Space to Heal for guidance to reclaim your purpose and meaning.

Contact Dr. Roderick Logan at 602.492.3836 to schedule your initial session.