



Childhood Trauma Questionnaire

1. I've always felt like something was wrong with me. _____
2. I tend to feel out of touch with what I need & want. _____
3. I tend to be on the lookout for someone to do or say something that will hurt me.

4. I feel the need to fix other people's problems, or take responsibility for their feelings.

5. When I'm around other people who are angry, I tend to freak out or shut down.

6. Worrying about how other's will react keeps me from speaking up &/or standing up for myself. _____
7. I get very anxious in social situations, & may berate myself for how I come off to others. _____
8. I've been told that I'm too intense (overly serious) or too disengaged (aloof).

9. Rejection puts me in a really bad place. _____
10. I often don't trust my own feelings or the feelings of others.

11. I'm perpetually trying to get my life together, not feeling good enough as I am.

12. I mostly get through things, rather than being able to take them in and enjoy them (experience). _____
13. My sense of who I am is often shaped by my own fear of rejection based on who I am spending time with. _____
14. I struggle with depression &/or anxiety, often feeling "on" or "off," & either stay numb or incredibly busy when I'm stressed. _____
15. I tend to live in and get locked into certain "modes," like "work mode," "survival mode," or "rescue mode."
16. I often don't feel known by people, even by those who I'm closest with, which keeps me feeling stuck. _____
17. I tend to stay in relationships (friendships, romance, other) more because of the fear of leaving or of being left, rather than due to satisfaction & deeper intimacy.

18. In childhood, I often felt embarrassed, humiliated, or ashamed of my parents/family.

19. In childhood, my parents/family were emotionally unavailable to me.

20. I often get triggered to shame, intellectualize my feelings, & expect perfection from myself. _____

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Scoring: 0 = Never, 1 = Rarely, 2 = Sometimes, 3 = Often, 4 = Almost Always, 5 = Always

Add up your total score by going through each statement. How does your score reflect what you thought about your childhood? The vast majority of people tend to have high scores (10+). If you're interested in exploring these issues in therapy with me in North Carolina (NC), please consider contacting me through my website, or emailing me at radicalessencetherapypllc@hush.com, and I will get back to you as soon as I can to let you know if I have openings.