

COMPLEX POST- TRAUMATIC STRESS DISORDER (C-PTSD)

EVALUATION



The following evaluation(s) is not intended to diagnose someone with C-PTSD. It is used for self-awareness or self-discovery purposes only. The questions within are based on Tim Fletcher's 60 Characteristics of Complex Trauma or the Adverse Childhood Experiences (ACE) Test (not property of Tim Fletcher Co.). Take notes of what you have marked as affirmative (those you have marked as "Very True, True, Always, Yes or Sometimes".) These could be sensitive areas and an opportunity to explore, heal and grow.

The material in this evaluation(s) may be triggering for some readers, especially for those who have suffered from extreme forms of abuse. Try your best to work through the material as an observer and allow yourself to work through the emotions or memories by going to a safe place in your mind.

If you are feeling triggered at any time, please put the material down. Ensure you have supports or loved ones in place as you work to process or request help from a centre or hotline near you.

Complex Trauma is the missing piece that sheds light on all kinds of problems. Undetected, it affects every aspect of a person ... - Tim Fletcher

THRIVING BEYOND™
COMPLEX TRAUMA

REACT

This self-evaluation is to determine whether you may be suffering from the effects of Complex Trauma. Place a (✓) check mark next to as many answers that apply to you. Answer the questions honestly.

1. You tend to be very hard on yourself

- A. After failure, beat yourself up in your thoughts
- B. Can't forgive yourself – stay angry at yourself
- C. Do things to harm yourself
- D. Tapes play in your head – “You’re stupid, you’re a useless failure”
 - “You’ll never amount to anything”
 - “You can’t do anything right”
 - “You’re an embarrassment”
- E. Does not apply to me
- F. All of the above

2. When you go to bed, you:

- A. Sleep with your back to the wall, facing the door
- B. Keep a weapon nearby or under your pillow
- C. Never fall into a deep sleep
- D. Does not apply to me
- E. All of the above

3. When sitting in a room at a seminar where you don't know anyone, you:

- A. Sit in the back row so no one is behind you and sit near a door so you have an escape route
- B. Sit in a corner so you avoid talking to people
- C. Spend the first hour checking everybody out
- D. Does not apply to me
- E. All of the above

4. When visiting or travelling, where you have to sleep in a strange room, you:

- A. Don't sleep well the first night
- B. Have constipation
- C. Aren't as aware of your deeper emotions or body sensations
- D. Your brain is very busy
- E. Your senses are more alert
- F. Does not apply to me
- G. All of the above

5. If someone came up behind and touched your shoulder, you would:

- A. Jump out of your skin
- B. Turn around and hit them, as a reflex reaction
- C. Become instantly angry or afraid
- D. Take a long time to settle down
- E. You wouldn't see it as an innocent gesture but as a cruel thing to do
- F. Does not apply to me
- G. All of the above

6. You have recurring nightmares or flashbacks

- A. You avoid certain areas or attending events in your town, they trigger unpleasant memories
- B. You refuse to talk about certain topics
- C. You don't like being alone because flashbacks break through into your conscious mind
- D. Does not apply to me
- E. All of the above

7. You sometimes, without realizing it, engage in self-soothing behaviours such as:

- A. Rocking yourself
- B. Curling up in the fetal position
- C. Tapping
- D. Needing something in your mouth to suck or chew
- E. Does not apply to me
- F. All of the above

8. When at a seminar or sporting event where there are public bathrooms, you:

- A. Have a shy bladder
- B. Have to 'go' more often
- C. Sit at the closest exit to the bathroom
- D. Does not apply to me
- E. All of the above

9. When you are in an intimate relationship, you test people by:

- A. Saying, "You don't really love me"
- B. Pulling away from them to see if they will chase you
- C. Trying to upset them to see if they will leave you
- D. Pointing out pretty or good looking women/ men to them to see how they respond
- E. Does not apply to me
- F. All of the above

10. You define “respect” as:

- A. Never make me look bad
- B. Never rat me out if I am doing harmful, unloving things
- C. Take away the negative consequences of my bad behaviour
- D. Never disagree or challenge me
- E. Fear me
- F. Does not apply to me
- G. All of the above

11. Define “strength” as:

- A. Never crying
- B. Never asking for help
- C. Keeping emotions under control (being stoic)
- D. Never being vulnerable
- E. Never admitting you’re wrong
- F. Being able to do cruel things to others without it bothering you
- G. Does not apply to me
- H. All of the above

12. You respond to a compliment by thinking:

- A. “They don’t really mean it. They’re just saying it to be nice”
- B. “If they really knew me, they wouldn’t have said it”
- C. “I wonder what they want. They just said that to manipulate me”
- D. “They say that to everybody; they don’t really mean it”
- E. “They say that to my face, but probably say negative things behind my back”
- F. Does not apply to me
- G. All of the above

13. You have a fear of getting older because:

- A. You will lose your looks and your body
- B. You will need help from others
- C. You won’t be able to do as much
- D. You will feel weak and useless
- E. You have a deep fear of a debilitating illness or death
- F. Does not apply to me
- G. All of the above

14. You often feel all alone, when you’re with friends or in a crowd because:

- A. You felt like you didn’t belong in your family
- B. You attempted to fit in with peer groups at school, but didn’t feel like you totally belonged
- C. You don’t just feel alone, you feel lonely most of the time
- D. Does not apply to me
- E. All of the above

15. If you are shy or an introvert:

- A. You see it as a weakness and hate it
- B. You think extroverts are better and have more fun
- C. You like alcohol/ drugs because they let you become the life of the party - an extrovert
- D. You tried to become invisible and isolated
- E. Does not apply to me
- F. All of the above

16. You have engaged in risky behaviours because:

- A. You like the adrenalin rush
- B. You don't want to flat out commit suicide, but flirt with death
- C. You don't think you deserve a good life
- D. You have so much pain and anger that you need to vent it
- E. They are the only thing that makes you feel alive
- F. It gets you attention and respect
- G. Does not apply to me
- H. All of the above

17. When you wake up in the morning:

- A. You consciously get yourself angry
- B. You immediately think of something negative
- C. You do something to get the adrenaline flowing and go from 1000 RPMs to 10,000 RPMs; and remain at that rate until you fall into bed at night
- D. Does not apply to me
- E. All of the above

18. If someone is upset or angry:

- A. You think you must have done something wrong, and immediately feel guilty
- B. You feel responsible to take care of their emotions so they settle down
- C. You feel panic or anxious – fear overtakes you
- D. Does not apply to me
- E. All of the above

19. You struggle with anger, so you:

- A. Are irritable most of the time
- B. Explode over the smallest things
- C. Feed a resentment against those who have hurt you
- D. Turn anger on yourself
- E. Stuff anger down deep and are convinced you don't have anger issues
- F. Are subtle in how you express anger – silent treatment, withhold love, sarcasm, take shots
- G. Does not apply to me
- H. All of the above

20. You struggle with anxiety, so:

- A. You feel anxious when going out of the house to a social gathering or appointment
- B. You obsessively worry about all kinds of things
- C. If you are not feeling anxious, you wonder what's wrong. It's become your normal
- D. Any change or unknown causes increases your anxiety
- E. Does not apply to me
- F. All of the above

21. You have trust issues so:

- A. You live by the rule to never trust anybody
- B. You trust people too quickly – all at once
- C. You are suspicious of everybody's motives
- D. You suspect everyone of having a hidden agenda
- E. You assume people don't honestly love you and are using you in some way
- F. Does not apply to me
- G. All of the above

22. You are a perfectionist:

- A. Never satisfied with anything you do
- B. View the end product as the most important part of any undertaking
- C. Don't see the task as finished until the result is perfect
- D. Set unrealistic standards
- E. Live life by "I should have ..."
- F. Tell yourself you are just being responsible; you think things should be done right; "If you're not going to do a job well, then there's no point in doing it at all"
- G. Does not apply to me
- H. All of the above

23. You have happiness issues:

- A. Regularly feel empty inside
- B. Normally experience more painful emotions than positive ones like peace, contentment, joy
- C. Believe you would be happy "if only you had ... (person, thing, position, place)
- D. Believe happiness is connected to having the right external environment
- E. Have pursued pleasurable experiences hoping they would bring lasting happiness
- F. Does not apply to me
- G. All of the above

24. You struggle with depression and have:

- A. Regular or intermittent times of feeling blue or hopeless; wondering what's the point
- B. Lack motivation to do stuff; not receiving pleasure from things that normally give you pleasure; want to avoid life
- C. Depression pulls you towards unhealthy behaviours – eating, sleeping, avoiding, procrastinating, isolating, sex, anger
- D. Does not apply to me
- E. All of the above

25. You don't handle stress well

- A. I hate change, not knowing, extra responsibilities or problems
- B. I respond by:
 - Stress eating
 - Trouble sleeping
 - Procrastinating
 - Being irritable
 - Obsessive thinking
 - Higher expectations of others
 - Distractions
- C. Does not apply to me
- D. All of the above

26. You have a tendency to dissociate, or escape into a fantasy world

- A. You check out of life when you feel overwhelmed or stressed
- B. You regularly escape into a fantasy world – TV, books, imagination; so you don't have to deal with life
- C. Does not apply to me
- D. All of the above

27. You are regularly drawn to drama or chaos

- A. You love knowing gossip about others
- B. It keeps you from focusing on your own problems
- C. I am the center of attention
- D. It makes you feel excitement; more alive
- E. Routines and structure feels boring
- F. Does not apply to me
- G. All of the above

28. You struggle with intimacy

- A. Someone gets to know you too well, they find out you're not much of a catch and leave
- B. You base intimacy on intense feelings and fall in love in a day
- C. You go from a person being an acquaintance to a soul mate in a couple days
- D. You try to take every conversation to an intimate level
- E. Does not apply to me
- F. All of the above

29. You lie when it would be just as easy to tell the truth

- A. You regularly exaggerate facts in order to make the story a little more sensational
- B. You tell your partner or parents 90% of what you did, but leave out a few details
- C. You regularly tell little white lies
- D. Does not apply to me
- E. All of the above

30. You don't do well with conflict

- A. You give in and let the other person win to avoid conflict
- B. You must win at any price – even if it means lying, being disrespectful, becoming angry and being intimidated
- C. You are afraid of angry people
- D. Does not apply to me
- E. All of the above

31. You resort to manipulation regularly

- A. You are afraid of asking people for what you need
- B. You find it hard to accept other people's "no"
- C. You are determined to get what you want to be happy, any way you can
- D. You are a pro at using guilt, intimidation and gifts to manipulate people
- E. Does not apply to me
- F. All of the above

32. You have a fear of failure

- A. Failure has never been a good thing in your life. Nothing good ever came from failure
- B. You are sure if you fail people will reject you
- C. Does not apply to me
- D. All of the above

33. You tend to be impulsive

- A. You act before you think things through, and do things you regret later
- B. You make decisions based on how you feel, and not based on careful thinking
- C. You say things without filters
- D. You are more impulsive when you are very happy, angry, stressed or have anxiety
- E. Does not apply to me
- F. All of the above

34. You regularly do things that provide instant gratification

- A. What feels good now dictates your decisions without thoughts of long-term consequences
- B. When you are going through a difficult time, it triggers a strong temptation to grab some instant gratification
- C. Does not apply to me
- D. All of the above

35. You fear you are a burden to others

- A. Afraid to ask for help. Afraid others will see you as weak, needy and a burden
- B. Believe success is being strong and self-sufficient – not needing anybody
- C. Asking for help results in others not wanting to be your friend anymore
- D. Does not apply to me
- E. All of the above

36. You go from 0 to 100 in a nanosecond and struggle to control emotions

- A. When you are angry
- B. When you have been rejected, made to feel stupid, disrespected or treated unjustly
- C. When you are afraid or very stressed
- D. Does not apply to me
- E. All of the above

37. Your sense of value comes from:

- A. Your body or looks
- B. Your brains, talents, abilities and accomplishments
- C. Your job or position, authority
- D. Your money or possessions
- E. Helping others
- F. How many people want to be your friend – due to your humour, sexual prowess, gifts you give or charm
- G. Does not apply to me
- H. All of the above

38. You struggle to set healthy boundaries

- A. You feel guilty if you say no when somebody asks for something
- B. People can get you to change your boundaries through guilt, shame or anger
- C. You let unhealthy people into your life too quickly and then are afraid to kick them out
- D. You are good at setting boundaries but terrible at enforcing them
- E. When you set boundaries for yourself (eating, exercise, routine), you do well for a couple weeks then drift back to the old way
- F. View setting boundaries as “bad”
- G. Does not apply to me
- H. All of the above

39. You tend to be controlling

- A. You make decisions for your children and tell yourself it's because you want them to succeed (when the truth is you might be afraid to see them fail)
- B. You are very demanding of those closest to you
- C. You offer unsolicited advice
- D. You are not seen as a team player
- E. You feel people need to hear your opinion
- F. You feel that your way is the best
- G. Does not apply to me
- H. All of the above

40. Want to hope but are afraid to hope

- A. Your hopes have been dashed so many times, it feels like torture to hope again
- B. It's easier not to get your hopes up at all
- C. If good things are happening in your life, it creates anxiety
- D. Does not apply to me
- E. All of the above

41. You sometimes sabotage good things that are happening in your life

- A. You fear everything is going to fall apart, so you might as well get it over with
- B. You feel “it is better to be in the hell you know than to risk the paradise you don't know”
- C. Does not apply to me
- D. All of the above

42. You are a people pleaser

- A. You don't like people being upset with you
- B. You say yes so people will like you and want to be your friend
- C. If you say no, you would feel guilty and you are not a very loving person
- D. You say yes to requests for help when you really wish you could say no. Sometimes you have a resentment afterward
- E. Does not apply to me
- F. All of the above

43. When something out of the normal happens, thoughts go to worst case scenario

- A. A friend doesn't answer your phone call
- B. Your boss asks to talk to you
- C. Your child isn't home at the specified time
- D. The doctor wants to take x-rays of a lump or run some tests
- E. You made a mistake at work
- F. Does not apply to me
- G. All of the above

44. You tend to be negative and critical when:

- A. You are in a new situation. You point out everything wrong
- B. You are stressed, tired, upset
- C. You meet somebody who rubs you the wrong way
- D. Does not apply to me
- E. All of the above

45. You are hypersensitive to criticism or disrespect

- A. You read disrespect into people's body language or neutral responses
- B. You see loving, constructive criticism or advice as negative
- C. Does not apply to me
- D. All of the above

46. You fear if anyone gets to know the 'real me' they will abandon you

- A. You expect people to leave you
- B. You don't allow yourself to open up to anyone
- C. You never felt anyone accepted you for just for being you
- D. You feel you have to earn people's love
- E. Does not apply to me
- F. All of the above

47. You struggle with intimate relationships

- A. Being present and connecting at a deep level
- B. In being authentic
- C. In knowing how to communicate
- D. In knowing how to resolve conflict
- E. In knowing how to express your needs
- F. In standing up for yourself
- G. Does not apply to me
- H. All of the above

48. You are great at starting new tasks or projects, but not so great at finishing them

- A. The novelty wears off and they become boring
- B. You lose interest if they become difficult – “It’s too hard”
- C. You lose interest if you can’t do them perfectly
- D. Does not apply to me
- E. All of the above

49. Your anxiety increases when you face an unknown situation or go through a time of change

- A. You are more irritable, negative, demanding
- B. You are tempted to sabotage or quit before you start
- C. Does not apply to me
- D. All of the above

50. You have a deep longing for validation

- A. Someone to validate the pain and wrongs you have experienced
- B. Someone to recognize your value – you are beautiful and precious
- C. Someone to recognize and validate what you are good at
- D. Does not apply to me
- E. All of the above

51. You have never felt understood; nobody has taken the time to “get” you

- A. You were expected to do what you were told
- B. You were expected to understand what your parents wanted, but felt it was never reciprocated
- C. Does not apply to me
- D. All of the above

52. Your relationships are not characterized as equal - one person is usually superior to the other

- A. One person makes most of the sacrifices
- B. One person gets what they want most or all of the time
- C. One person always has to give in
- D. Does not apply to me
- E. All of the above

53. You have been part of intimate relationships where there is a double standard – the rules are different for one person than the other

- A. Checking up on you – phone, social media
- B. Showing certain emotions
- C. Choice of friends or activities
- D. Does not apply to me
- E. All of the above

54. You have few or no memories of your childhood– significant gaps in your memory

- A. You are afraid of those memories
- B. You feel those forgotten events shouldn't affect who you are today
- C. Does not apply to me
- D. All of the above

55. You don't like being alone with nothing to do. You need distractions

- A. Phone, video games, activities
- B. You are afraid of the thoughts and feelings that might surface
- C. You feel fidgety, uneasy or restless to sit in your own skin
- D. Does not apply to me
- E. All of the above

56. You catch yourself acting like your parents

- A. Anger, perfectionism, criticism, negativity, victim mentality
- B. The way you respond to your kids
- C. Your self-talk is exactly the things your parents said to you
- D. Does not apply to me
- E. All of the above

57. You don't like the way you are, and your solution is to:

- A. Blame others for your problems
- B. Look for someone (counsellor, teacher or program) to fix you
- C. Look for an easy, magic solution
- D. Does not apply to me
- E. All of the above

58. You feel your belly-button age doesn't match your maturity level

- A. You stopped growing emotionally
- B. You don't know who you are
- C. You don't know how to handle your emotions
- D. Does not apply to me
- E. All of the above

59. You aren't sure what love is

- A. Love is warm feeling, or you equate sex with love
- B. Loving somebody means pain – it's ok for them to hurt you
- C. Loving somebody means losing yourself – becoming what they want
- D. Does not apply to me
- E. All of the above

60. When in a relationship, you become jealous

- A. Think they will find somebody better than you
- B. Become obsessed with whether or not they are cheating on you
- C. Offer a lot of sex, hoping it will keep them interested
- D. Does not apply to me
- E. All of the above

61. When a relationship comes to an end, it is hard to let go

- A. You cyber-stalk the other person
- B. You remain obsessed with them
- C. You find it hard to move on, sometimes become depressed
- D. You get mad if you learn they are dating someone else
- E. You become promiscuous hoping to forget them and move on
- F. Does not apply to me
- G. All of the above

62. Sitting in a painful emotion for more than a few minutes is hard

- A. You want to find an escape
- B. It triggers anxiety or panic
- C. It feels unresolvable, so you feel hopeless
- D. Does not apply to me
- E. All of the above

63. You sometimes have these thoughts about yourself:

- A. Deep down, I feel I am not good enough
- B. In order to get people to like me, I must be willing to go against my needs, morals and values, and do whatever they want me to do
- C. In order to be respected, I must be perfect
- D. To gain respect, I must be better than everyone around me
- E. If people question my advice, they think I'm stupid
- F. Does not apply to me
- G. All of the above

64. You struggle with addiction. You have used drugs, alcohol or activities like food, sex and gambling to:

- A. Give pleasurable feelings
- B. Numb painful or dead feelings
- C. Help you fit in
- D. Make you more outgoing and popular
- E. Make you feel connected to people
- F. Does not apply to me
- G. All of the above