

60 CHARACTERISTICS OF COMPLEX TRAUMA 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 test is designed to create self awareness of our level of Complex Trauma. Take note of the characteristics you have marked as “True, Very True, Always, Yes or Sometimes”. These could be sensitive areas and an opportunity to explore, heal and grow.

WAYS OF LIVING

The following 29 questions give us an idea of how Complex Trauma affects the way we LIVE.

1. **Change in Priorities.** When you enter a public space or a friends house, do you look for the nearest exit or have to sit in a spot to look out a window to look out for danger?

- | | | | | |
|--|------------------------------------|-------------------------------------|------------------------------------|------------------------------|
| <input type="checkbox"/> Not true | <input type="checkbox"/> True | <input type="checkbox"/> Always | <input type="checkbox"/> Never | <input type="checkbox"/> Yes |
| <input type="checkbox"/> A little true | <input type="checkbox"/> Very true | <input type="checkbox"/> Don't know | <input type="checkbox"/> Sometimes | <input type="checkbox"/> No |

2. **Fear of Getting Hurt.** Do you avoid certain people, going to places or engaging in circumstances for fear of being hurt?

- | | | | | |
|--|------------------------------------|-------------------------------------|------------------------------------|------------------------------|
| <input type="checkbox"/> Not true | <input type="checkbox"/> True | <input type="checkbox"/> Always | <input type="checkbox"/> Never | <input type="checkbox"/> Yes |
| <input type="checkbox"/> A little true | <input type="checkbox"/> Very true | <input type="checkbox"/> Don't know | <input type="checkbox"/> Sometimes | <input type="checkbox"/> No |

3. **Fear of Change.** Do changes in your routine or family upset you?

- | | | | | |
|--|------------------------------------|-------------------------------------|------------------------------------|------------------------------|
| <input type="checkbox"/> Not true | <input type="checkbox"/> True | <input type="checkbox"/> Always | <input type="checkbox"/> Never | <input type="checkbox"/> Yes |
| <input type="checkbox"/> A little true | <input type="checkbox"/> Very true | <input type="checkbox"/> Don't know | <input type="checkbox"/> Sometimes | <input type="checkbox"/> No |

4. **Fear of the Unknown.** Do you believe it is better to stay in an unhealthy or abusive situation rather than leave and face the unknown?

- | | | | | |
|--|------------------------------------|-------------------------------------|------------------------------------|------------------------------|
| <input type="checkbox"/> Not true | <input type="checkbox"/> True | <input type="checkbox"/> Always | <input type="checkbox"/> Never | <input type="checkbox"/> Yes |
| <input type="checkbox"/> A little true | <input type="checkbox"/> Very true | <input type="checkbox"/> Don't know | <input type="checkbox"/> Sometimes | <input type="checkbox"/> No |

5. **Fear of Failure.** Do you fear failing and avoid it at all costs?

- | | | | | |
|--|------------------------------------|-------------------------------------|------------------------------------|------------------------------|
| <input type="checkbox"/> Not true | <input type="checkbox"/> True | <input type="checkbox"/> Always | <input type="checkbox"/> Never | <input type="checkbox"/> Yes |
| <input type="checkbox"/> A little true | <input type="checkbox"/> Very true | <input type="checkbox"/> Don't know | <input type="checkbox"/> Sometimes | <input type="checkbox"/> No |

6. **Fear of Success.** When things are going well, do you feel uncomfortable and expect something bad to happen?

- | | | | | |
|--|------------------------------------|-------------------------------------|------------------------------------|------------------------------|
| <input type="checkbox"/> Not true | <input type="checkbox"/> True | <input type="checkbox"/> Always | <input type="checkbox"/> Never | <input type="checkbox"/> Yes |
| <input type="checkbox"/> A little true | <input type="checkbox"/> Very true | <input type="checkbox"/> Don't know | <input type="checkbox"/> Sometimes | <input type="checkbox"/> No |

7. Afraid to Hope. Whenever parents, leaders or teachers make promises, are you afraid to hope they may come true?

Not true True Always Never Yes
 A little true Very true Don't know Sometimes No

8. Afraid to Care. Do you ever convince yourself you don't care, when deep down you really do?

Not true True Always Never Yes
 A little true Very true Don't know Sometimes No

9. Negative and Critical Mindset. Do you always look at life from a negative point of view and criticize other people, places or circumstances?

Not true True Always Never Yes
 A little true Very true Don't know Sometimes No

10. Desire to Return to Old Ways. Do you believe it would be easier to return to a familiar old way of living rather than change and learn new healthy habits?

Not true True Always Never Yes
 A little true Very true Don't know Sometimes No

11. Anxiety Issues. Do you live in a constant state of fear or worry?

Not true True Always Never Yes
 A little true Very true Don't know Sometimes No

12. Don't Handle Stress. Do you get anxious, nervous or stressed out when you have to deal with something significant?

Not true True Always Never Yes
 A little true Very true Don't know Sometimes No

13. Avoid Conflict. Do you associate conflict with danger and avoid it at all costs?

Not true True Always Never Yes
 A little true Very true Don't know Sometimes No

14. Depression. Do you feel sad for long periods of time and nothing makes you happy or feel better?

Not true True Always Never Yes
 A little true Very true Don't know Sometimes No

15. **Distorted Thinking.** Do you frequently believe something only to discover that it is not true?

Not true True Always Never Yes
 A little true Very true Don't know Sometimes No

16. **Hypersensitive to Disrespect.** Do you feel unimportant, ashamed, humiliated, bullied, put down or laughed at by family members or friends?

Not true True Always Never Yes
 A little true Very true Don't know Sometimes No

17. **Hypersensitive to Criticism.** When someone gives you feedback, do you feel you are being criticized and shamed?

Not true True Always Never Yes
 A little true Very true Don't know Sometimes No

18. **Judge Ourselves Harshly.** When you do something silly, foolish or wrong, or don't do as well as you'd hoped on a project or task, do you beat yourself up and feel like a loser?

Not true True Always Never Yes
 A little true Very true Don't know Sometimes No

19. **Power and Authority.** When given a task, do you start acting like a bully or look down on other people?

Not true True Always Never Yes
 A little true Very true Don't know Sometimes No

20. **Operate by a Double Standard.** Do you believe there are two sets of rules? One for a stronger person and another for everyone else?

Not true True Always Never Yes
 A little true Very true Don't know Sometimes No

21. **People Pleaser.** Do you feel you have to fix everyone and make them happy? Do and say what others want so they will love us?

Not true True Always Never Yes
 A little true Very true Don't know Sometimes No

22. **False Guilt.** Do you ever feel guilty or remorse for something someone else did? Or been blamed for something others did that was hurtful?

Not true True Always Never Yes
 A little true Very true Don't know Sometimes No

23. **Don't Know Who You Are.** Do you frequently feel like you don't know who you are or were meant to be?

Not true True Always Never Yes
 A little true Very true Don't know Sometimes No

24. **Addicted to Chaos or Risky Behaviours.** Do you thrive on drama, chaos or doing risky things that give you a rush of adrenaline?

Not true True Always Never Yes
 A little true Very true Don't know Sometimes No

25. **Great Starters. Poor Finishers.** Do you always feel energized when you start a project or something new, then quickly lose interest?

Not true True Always Never Yes
 A little true Very true Don't know Sometimes No

26. **Instant Gratification.** Do you live by the motto, "Do it now because it feels good?"

Not true True Always Never Yes
 A little true Very true Don't know Sometimes No

27. **Unpredictable or Explosive.** Do your moods or personality make you unpredictable to others or do you explode in anger and drive people away?

Not true True Always Never Yes
 A little true Very true Don't know Sometimes No

28. **Promise More Than Can Deliver.** Have you ever made promises or taken on projects that became bigger than you could handle?

Not true True Always Never Yes
 A little true Very true Don't know Sometimes No

29. **Anger Issues.** Do you turn your anger into a weapon with your words or actions to hurt someone?

Not true True Always Never Yes
 A little true Very true Don't know Sometimes No

WAYS OF COPING

The following Characteristics identify how we COPE.

30. **Lies.** Do you sometimes lie, even when it's just as easy to tell the truth?

Not true True Always Never Yes
 A little true Very true Don't know Sometimes No

31. Emotional Stuffing. Do you live by the three rules, “Don’t feel, don’t trust and don’t talk?”

Not true True Always Never Yes
 A little true Very true Don’t know Sometimes No

32. Escape Through Fantasy. Do you spend a lot of time in an imaginary world, playing video games, watching movies, reading or writing?

Not true True Always Never Yes
 A little true Very true Don’t know Sometimes No

33. Sabotage. Do you throw a wrench into success when things are going good or end a relationship because it seems too good to be true?

Not true True Always Never Yes
 A little true Very true Don’t know Sometimes No

34. Image is More Important. Do you believe your image is more important than being real or authentic?

Not true True Always Never Yes
 A little true Very true Don’t know Sometimes No

35. Blame. Do you often blame someone else for the problems in your life? Do you always have excuses for incomplete tasks or assignments?

Not true True Always Never Yes
 A little true Very true Don’t know Sometimes No

36. Victim Mentality. Do you often feel like a victim? Feel helpless or ‘poor me’?

Not true True Always Never Yes
 A little true Very true Don’t know Sometimes No

37 Stopped Growing Emotionally. Do you feel stuck at the age you were when you experienced trauma?

Not true True Always Never Yes
 A little true Very true Don’t know Sometimes No

38. Super Responsible, Super Irresponsible. Do you resonate with one or the other?

Not true True Always Never Yes
 A little true Very true Don’t know Sometimes No

39. Addiction. Do you feel you are addicted to drugs, alcohol or something else?

Not true True Always Never Yes
 A little true Very true Don't know Sometimes No

Your scores here determine how you cope in life. The following ways is how your body copes to protect you.

SOMATIC:

40. Memory Gaps. Do you feel you can't remember things that happened in the past?

Not true True Always Never Yes
 A little true Very true Don't know Sometimes No

41. Panic Attacks. Do you have trouble sleeping, feel scared and anxious but don't know why?

Not true True Always Never Yes
 A little true Very true Don't know Sometimes No

42. Other Responses. Do you have any unexplained or diagnosed aches, pains or illnesses?

Not true True Always Never Yes
 A little true Very true Don't know Sometimes No

WAYS OF RELATING

The following Characteristics fall into the category of how we RELATE.

43. Wear Masks. Do you ever pretend to look and act how others want us to in order to fit in?

Not true True Always Never Yes
 A little true Very true Don't know Sometimes No

44. Isolate. Do you ever want to isolate from everyone? Move away to start over? Become invisible?
Or turn off your emotions?

Not true True Always Never Yes
 A little true Very true Don't know Sometimes No

45. Manipulate. Have you become an expert at getting people to do things for you?

Not true True Always Never Yes
 A little true Very true Don't know Sometimes No

46. **A Burden.** Do you often feel like asking someone for help with a task or problem will inconvenience or put them out somehow?

Not true True Always Never Yes
 A little true Very true Don't know Sometimes No

47. **Trust Issues.** Do you have a hard time trusting people to keep you safe? Or do you trust everyone you meet?

Not true True Always Never Yes
 A little true Very true Don't know Sometimes No

48. **Shame.** Do you believe you are not valuable, loveable or good enough?

Not true True Always Never Yes
 A little true Very true Don't know Sometimes No

49. **Authority Issues.** Do you deliberately defy, rebel against or push back when asked to do something?

Not true True Always Never Yes
 A little true Very true Don't know Sometimes No

50. **Boundary Issues.** Do you fear someone will be mad at you if you don't do as they ask? Even if you don't feel comfortable?

Not true True Always Never Yes
 A little true Very true Don't know Sometimes No

51. **Attachment Issues.** Do you really want to feel close to somebody but are afraid of what that means?

Not true True Always Never Yes
 A little true Very true Don't know Sometimes No

52. **Healthy vs Unhealthy Bonding.** Do you feel safe, protected, loved and cherished? Or do you tune out, are disorganized, angry or feel insecure?

Not true True Always Never Yes
 A little true Very true Don't know Sometimes No

53. **Helper or Needy?** In your relationships which role do you play, the helper or the needy one?

Not true True Always Never Yes
 A little true Very true Don't know Sometimes No

54. **Distorted View of Love.** Do you feel you have healthy understanding of what love is?

Not true True Always Never Yes
 A little true Very true Don't know Sometimes No

55. **Many Insecurities.** Do you have a lot of insecurities about your personality, body, the way you look, think, act or feel?

Not true True Always Never Yes
 A little true Very true Don't know Sometimes No

56. **Deep Longing for Validation.** Do you long to know you are valued for who you are, the things you do and for being you?

Not true True Always Never Yes
 A little true Very true Don't know Sometimes No

57. **Unhealthy Value.** Do you base your value on external criteria? For your looks, brains, talents, personality or money?

Not true True Always Never Yes
 A little true Very true Don't know Sometimes No

58. **Jealousy Issues.** Are you jealous of your friends or family spending time with other people or doing things without you?

Not true True Always Never Yes
 A little true Very true Don't know Sometimes No

59. **Don't Know What Loyalty Is.** Do you believe that you have to be loyal to your family, no matter what? That 'blood is thicker than water'?

Not true True Always Never Yes
 A little true Very true Don't know Sometimes No

60. **Fear of Abandonment.** Do you fear being left alone or rejected by loved ones, caregivers or friends?

Not true True Always Never Yes
 A little true Very true Don't know Sometimes No