

## Checklist for Wounded People

Often individuals with a history of trauma or abuse share similar qualities. These qualities do not mean you have been abused. No one can know that but you. However, it may prove helpful to note your symptoms and to discuss these with your therapist.

Symptom	Never	Seldom	Sometimes	Often	Always
I have to guess at what is normal. I'm never quite sure.					
I feel "different" from normal people.					
I feel "empty inside". It is difficult to feel connected with myself.					
I feel confused about life, relationships, and decisions.					
I lie when I could just as easily tell the truth.					
I judge myself without mercy – though I may be quite kind in my judgments of others.					
I take myself and life very seriously. It is difficult to accept myself.					
I have a difficult time just letting go and having fun.					
I have a difficult time trusting others.					
I need to be in control.					
I over-react to situations.					
Even though I want to behave differently, when hurt, I can't seem to control my behavior.					
I lash out at others when they have hurt me or betrayed my trust.					
I constantly seek approval.					
I can be impulsive					
I can be either super-responsible or super-irresponsible and feel like I swing back and forth between extremes.					
I can be extremely loyal in the face of overwhelming evidence that I should not be.					
I spend a lot of time cleaning up my messes.					
I have a difficult time forgiving those who have hurt or betrayed me.					
I hold on to grudges.					

**This questionnaire is designed to help you and your therapist better understand your experiences. It is not designed for diagnosis. For a correct diagnosis, you must seek professional help from a licensed mental health professional.**

*Developed by Deborah Christensen Ph.D., M.S.C.P. (2011)*