

Trauma Related Beliefs

Often individuals with a history of trauma or abuse share similar beliefs. This assessment may help you identify some of those beliefs so that you can change your unhealthy beliefs.

Belief	Never	Seldom	Sometimes	Often	Always
I believe that others should do what I think they should.					
I don't believe I have to live up to obligations – It's okay to forget or ignore what I said I would do.					
I don't often have sufficient energy to do the things I don't want to do.					
I often develop aches, pains, or sicknesses to avoid doing things I don't want to do.					
I often don't have sufficient time or money to spare.					
I am unwilling to do things that are disagreeable to me.					
Others are to blame for my troubles.					
There are things that I state that I "can't do".					
I believe that my actions don't impact others.					
I can't "walk in the shoes" of others.					
I don't believe in planning ahead.					
I am not suppose to fail.					
I believe that I will usually be disappointed if I count on others.					
My "wants" are my "rights". If I want something I have a right to get it.					
I believe that I can make good decisions without getting all the facts.					
Even when proven wrong, I must cling to my original position.					
I am usually right, even when evidence may disconfirm this.					
I believe that people will betray my trust.					
I enjoy a good fight.					

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)