
**POST TRAUMATIC
STRESS INDEX**

By

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The following statements typify reactions trauma victims often have to child abuse. Please check those that you believe have applied to you. Although the statements are written in the present tense, if the statements have ever applied in your life then place a check next to that item. Statements are considered false only if they have NEVER been a part of your life. If in doubt, let your first reaction be your guide. Given these guidelines, place a check mark next to the statements you feel apply.

- 1. I have recurring memories of painful experiences
- 2. I am unable to stop a childhood pattern harmful to myself
- 3. I sometimes obsess about people who have hurt me and are now gone
- 4. I feel bad at times about myself because of shameful experiences I believe were my fault
- 5. I am a risk taker
- 6. At times, I have difficulty staying awake
- 7. I sometimes feel separate from my body as a reaction to a flashback or memory
- 8. I deny myself basic needs at times like groceries, shoes, books, medical care, rent and heat
- 9. I have distressing dreams about experiences
- 10. I repeat painful experiences over and over
- 11. I try to be understood by those who are incapable or don't care for me
- 12. I have suicidal thoughts
- 13. I engage in high risk behaviors
- 14. I eat excessively to avoid problems
- 15. I avoid thoughts or feelings associated with my trauma experiences
- 16. I skip vacations because of lack of time or money
- 17. I have periods of sleeplessness
- 18. I try to recreate an early trauma experience

- 19. I keep secrets for people who have hurt me
- 20. I have attempted suicide
- 21. I am sexual when frightened
- 22. I drink to excess when life is too hard
- 23. I avoid stories, parts of movies, or reminders of early painful experiences
- 24. I avoid sexual pleasure
- 25. I sometimes feel like an old painful experiences is happening now
- 26. There is something destructive I do over and over from my early life
- 27. I stay in conflict with someone when I could have walked away
- 28. I have suicidal thoughts
- 29. I often feel sexual when I am lonely
- 30. I use depressant drugs as a way to cope
- 31. I am unable to recall important details of painful experiences
- 32. I avoid doing "normal" activities because of fears I have
- 33. I have sudden, vivid or distracting memories of painful experiences
- 34. I attempt to stop activities I know are not helpful
- 35. I go "overboard" to help people who have been destructive
- 36. I often feel lonely and estranged from others because of painful experiences I have had
- 37. I feel intensely sexual when violence occurs
- 38. My procrastinating interferes with my life activities
- 39. I sometimes withdraw or have lack of interest in important activities because of child-hood experiences
- 40. I will hoard money and not spend money on legitimate needs

- 41. I am upset when there are reminders of abusive experiences like anniversaries, places, or symbols
- 42. I compulsively do things to others that were done to me as a young person
- 43. I sometimes help those who continue to harm me
- 44. I feel unable to experience certain emotions (love, happiness, sadness, etc.)
- 45. I feel sexual when degraded or used
- 46. Sleep is a way for me to avoid life problems
- 47. I have difficulty concentrating
- 48. I have attempted diets repeatedly
- 49. I have difficulty sleeping
- 50. My relationships are the same story over and over
- 51. I feel loyal to people even though they have betrayed me
- 52. I have a dim outlook on my future
- 53. I feel sexual when someone is "nice" to me
- 54. At times I am preoccupied with food and eating
- 55. I experience confusion often
- 56. I refuse to buy things even when I need them and have the money
- 57. I have difficulty feeling sexual
- 58. I know that something destructive I do repeats a childhood event
- 59. I remain a "team" member when obviously things are becoming destructive
- 60. I feel as if I must avoid depending on people
- 61. I sometimes feel bad because I enjoyed experiences that were exploitive of me
- 62. I abuse alcohol often
- 63. I tend to be accident prone

- 64. I spend much time performing "underachieving" jobs
- 65. Sometimes I have outbursts of anger or irritability
- 66. I do things to others that were done to me in my family
- 67. I make repeated efforts to convince people who were destructive to me and not willing to listen
- 68. I engage in self-destructive behaviors
- 69. I get "high" on activities that were dangerous to me
- 70. I use TV, reading, and hobbies as a way to numb out
- 71. I go into a "fantasy" world when things are tough
- 72. I am "underemployed"
- 73. I am extremely cautious of my surroundings
- 74. I have thoughts and behaviors repeatedly that do not feel good to me
- 75. I attempt to be liked by people who clearly were exploiting me
- 76. I engage in self-mutilating behaviors (cutting self, burning, bruising, etc.)
- 77. I use drugs like cocaine or amphetamines to speed things up
- 78. I have a problem with "putting off" certain tasks
- 79. I use "romance" as a way to avoid problems
- 80. I feel very guilty about any sexual activity
- 81. I often feel that people are out to take advantage of me
- 82. I revert to doing things I did as a child
- 83. I am attracted to untrustworthy people
- 84. I endure physical or emotional pain most people would not accept
- 85. I like living on the "edge" of danger or excitement

- 86. When things are difficult, I will sometimes "binge"
- 87. I have a tendency to be preoccupied with something else than what I need to be
- 88. I have a low interest in sexual activity
- 89. I am distrustful of others
- 90. Some of my recurring behavior comes from early life experiences
- 91. I trust people who at proven unreliable
- 92. I try to be perfect
- 93. I am orgasmic when hurt or beaten
- 94. I use drugs to escape
- 95. I use marijuana or psychedelics to hallucinate
- 96. I sometimes spoil success opportunities
- 97. I am startled more easily than others
- 98. I am preoccupied with children of a certain age
- 99. I seek people who I know will cause me pain
- 100. I avoid mistakes at any cost
- 101. I love to "gamble" on outcomes
- 102. I work too hard so I won't have to feel
- 103. I will often lose myself in fantasies rather than deal with real life
- 104. I go "without" necessities for periods of time
- 105. I get physical reactions to reminders of abuse experiences (breaking out in cold sweat, trouble breathing, etc.)
- 106. I engage in abusive relationships repeatedly
- 107. I have difficulty retreating from unhealthy relationships

- 108. I sometimes want to hurt myself physically
- 109. I need lots of stimulation so I will not be bored
- 110. I get "lost" in my work
- 111. I live a "double life"
- 112. I vomit food or use diuretics to avoid weight gain
- 113. I feel anxious about being sexual
- 114. There is a certain age of children or adolescents that are sexually attractive to me
- 115. I continue contact with a person who has abused me
- 116. I often feel unworthy, unlovable, immoral, or sinful because of experiences I have had
- 117. I like sex when it is dangerous
- 118. I try to "slow down" my mind
- 119. I have a life of "compartments" that others do not know about
- 120. I experience periods of no interest in eating
- 121. I am scared about sex
- 122. There are activities that I have trouble stopping even though they are useless or destructive
- 123. I am in emotional fights (divorces, lawsuits) that seem endless
- 124. I often feel I should be punished for past behavior
- 125. I do sexual things that are risky
- 126. When I am anxious, I will do things to stop my feelings
- 127. I have a fantasy life that I retreat to when things are hard
- 128. I have difficulty with play
- 129. I wake up with upsetting dreams

- 130. My relationship seem to have the same dysfunctional pattern
- 131. There are certain people who I always allow to take advantage of me
- 132. I have a sense that others are always better off than me
- 133. I use cocaine or amphetamines to heighten "high risk" activities
- 134. I don't tolerate uncomfortable feelings
- 135. I am a daydreamer
- 136. At times, I see comfort, luxuries and play activities as frivolous
- 137. I hate it when someone approaches me sexually
- 138. Sometimes I find children more attractive than others
- 139. There are some people in my life who are hard to get over though they hurt or used me badly
- 140. I feel bad when something good happens
- 141. I get excited/aroused when faced with dangerous situations
- 142. I use anything to distract myself from my problems
- 143. Sometimes I live in an "unreal" world
- 144. There are long periods of time with no sexual activity for me

**You have completed the Trauma Profile
Thank you!**

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TRAUMA PROFILE ANSWER SHEET

Name: _____ Counselor: _____ Unit: _____

Place an "X" next to all statements that are true about you:

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Below Section for Counselor Use Only

TRT _____ TR _____ TBD _____ TS _____ TP _____ TB _____ TSG _____ TA _____

TRAUMA PROFILE WORKSHEET

<u>SCORE</u>	<u>CHARACTERISTICS</u>	<u>THERAPY STRATEGIES</u>
TRT__	TRAUMA REACTIONS: Experiencing current reactions to trauma events in the past.	<ul style="list-style-type: none"> • Study ways that you are still reacting. • Write letters to your perpetrators telling them of the long-term impact you are experiencing. • Also write amends letters to those you know you have harmed. • Decide with a therapist what is appropriate to send.
TR__	TRAMA REPETITION: Repeating behaviors or situations which parallel early trauma experiences.	<ul style="list-style-type: none"> • Understand how history repeats itself in your life experiences. • Develop habits which help to center yourself (e.g., breathing, journaling) so you are doing what you intend - not the cycles of old. • Work on boundaries. • Boundary failure is key to repetition compulsion.
TBD__	TRAUMA BONDS: Being connected (loyal, helpful, supportive) to people who are dangerous, shaming, or expletive.	<ul style="list-style-type: none"> • Learn to recognize trauma bonds by identifying those in your life. • Look for patterns. • Use "detachment" strategies for difficult people. • Use a First Step if necessary.
TS__	TRAUMA SHAME: Feeling unworthy and having self-hate because of trauma experience.	<ul style="list-style-type: none"> • Understand the shame dynamics of your family. • Who was it important to that you should feel shameful? • Do a list of your secrets. • Start reprogramming yourself w/ affirmations.
TP__	TRAUMA PLEASURE: Finding pleasure in the presence of danger, violence, risk, or shame.	<ul style="list-style-type: none"> • Do a history of how excitement/shame are hooked up to your trauma past. • Note the costs and dangers to you over time. • Do a First Step and relapse prevention about how powerful this is in your life.
TB__	TRAUMA BLOCKING: A pattern exists to numb, block out, or overwhelm feelings that stem from trauma in your life.	<ul style="list-style-type: none"> • Work to identify experience which caused pain or diminished you. • Re-experience feelings and make sense of them with help. • This will reduce the power they have had. • Do a First Step if appropriate.
TSG__	TRAUMA SPLITTING: Ignoring traumatic realities by disassociating or "splitting off" experience of parts of self.	<ul style="list-style-type: none"> • Learn that disassociating is a "normal" response to trauma. • Identify ways you split reality and the triggers that cause that to happen. • Cultivate a "caring" adult who stays present so you can stay whole. • Notice any powerlessness you feel.
TA__	TRAUMA ABSTINENCE: Depriving yourself of things you need or deserve because of traumatic acts.	<ul style="list-style-type: none"> • Understand how deprivation is a way to continue serving your perpetrators. • Write a letter to the victim that was you about learning to tolerate pain and deprivation. • Work on strategies to self-nurture including inner child visualizations.

Trauma Reactions

Definition: Physiological and/or psychological alarm reactions from unresolved trauma experiences.

Clinical Patterns: Flashbacks; intrusive thoughts; insomnia; triggered associations; troubling dreams; physical symptoms; hyper vigilance; living in extremes; manic-depressive cycles; borderline personality

Presenting Symptoms:

- recurrent and intrusive recollections of experiences
- periods of sleeplessness
- sudden "real" memories (vivid, distracting)
- extremely cautious of surroundings
- distressing dreams about experiences
- startled more easily than others
- flashback episodes-acting or feeling as if the experience is happening in the present
- distress when exposed to reminders of experiences like anniversaries, places or symbols
- outbursts of anger or irritability
- distrustful of others
- physical reactions to reminders of experiences (breaking out in cold sweat, trouble breathing, etc.)

Clinical Strategies:

- cognitive reframing of trauma experiences
- hypnotic desensitization
- teach PTSD concepts
- implement relapse prevention and other skills
- controlled breathing
- stress management strategies
- developing meaning from victimization
- therapeutic story-telling
- systematic desensitization
- re-experiencing the trauma in safe environment
- deep muscle relaxation
- thought stopping strategies
- guided self-dialogue
- role playing
- covert modeling
- diaries and self-monitoring
- distraction techniques

Key Resources:

Agger, 1989; Briere, 1992; Courtois, 1988; Dolan, 1991; Grove and Panzer, 1991; Money, et. al., 1985; Murray, 1991; Van der Kolk, 1989.

Trauma Blocking

Definition: Efforts to numb, block out, overwhelm residual feelings due to trauma

Clinical Patterns: Compulsive overeating; excessive sleeping; alcoholism; depressant drugs; satiation addictive responses.

Presenting Symptoms:

- difficulty staying awake
- drinking to excess when life is too hard
- always looking for something to do
- uncomfortable being at rest
- preoccupies with food and eating
- feeling anxious and "behaving" to make feelings go away
- using drugs to escape
- getting "lost" in work
- eating excessively to avoid problems
- using depressant drugs as a way to cope
- using TV, reading, and hobbies as a way to numb out
- sleeping as a way to avoid
- "bingeing" when things are difficult
- working so won't have to feel
- wish to "slow down" one's mind

Clinical Strategies:

- differential diagnosis of addiction
- confront patterns of blocking behavior
- initiate addiction treatment
- teach concepts of multiple addiction
- establish relapse prevention plan
- introduce twelve step support
- create alternative ways for anxiety reduction
- initiate trauma resolution strategies
- connect addiction relapse with trauma work

Key Resources:

Blizard, 1994; Buchanan, 1992; Edwall, Hoffman and Harrison, 1989; Evans and Shaefer, 1987; Evans and Sullivan, 1990; Feinauer, 1989; Hagan, 1988; Huebner, 1993; Kovach, 1986; L'Abate, et. Al., 1992; Ladwig and Anderson, 1989; Miller, Downs and Gondoli, 1989; Rohsenow, Corbett and Devine, 1988; Root, 1989; Saefer, Sobieraj and Hollyfield, 1988; Sullivan, 1988.

Bliss, 1986; Braun, 1986; Briere, 1992; Foy, 1992; Herman, 1992; Kluff, 1985; Kliff, 1987; Kluff, 1985; Lew, 1988; Putnam, 1989; Putnam, 1991; Ross, 1989; Van der Kolk, 1987; Young, 1991; Young, 1988.

Trauma Abstinence

Definition: Compulsive deprivation which occurs especially around moments of success, high stress, shame or anxiety.

Clinical Patterns: Anorexia; inhibited sexual desire; sexual anorexia; compulsive saving; agoraphobia and other phobic responses; poverty obsessions; success avoidance; self-neglect; underachieving workaholism.

Presenting Symptoms:

- deny self basic needs at times like groceries, shoes, books, medical care, rent, heat
- avoid sexual pleasure
- hoard money and not spend money on legitimate needs
- performing "underachieving" jobs
- feeling very guilty about any sexual activity
- spoiling success opportunities
- periods of no interest in eating
- seeing comfort, luxuries and play activities as frivolous
- skip vacations because of lack of time or money
- attempting diets repeatedly
- avoid doing "normal" activities because of fears
- being often "under employed"
- vomiting food or using diuretic to avoid weight gain
- having low interest in sexual activity
- having difficulty with play

Clinical Strategies:

- assess deprivation role in other addictions
- teach connection about addict in extremes as dysfunctional balance mechanism
- assess compulsive deprivation
- confront disabling beliefs about being non-deserving
- seek patterns of deprivation
- develop incremental "use" strategies
- create relapse prevention strategies
- connect relapse with trauma issues
- learning to play as healing

Key Resources:

Abramson and Lucido, 1991; Buchanan and Buchanan, 1992; Byron and Cameron, 1993; Coleman and Hull-Mast, 1992; Covington, 1991; Fossum and Mason, 1986; Gil, 1991; Goldfarb, 1987; Huebner, 1993; Irons et.al., 1994; Maltz, 1991; Maltz and Holman, 1987

Trauma Repetition

Definition: Repeating behaviors and/or seeking situations or persons who recreate the trauma experience.

Clinical Patterns: Re-enactment; efforts to resolve unresolvable; obsessive compulsive disorder; repetition compulsions.

Presenting Symptoms:

- Inability to stop a childhood pattern
- Doing something destructive over and over from early life
- Reliving over and over a "story" out of patient's past
- Engaging in abusive relationship repeatedly
- A desire to redo an early trauma experience
- Reverting to things done as a child
- Repeating painful experiences
- Doing compulsively something to others that was done to patient as a young person
- Doing things to others that were done to patient in his or her family
- Having thoughts and behavior repeatedly that do not feel good
- Preoccupied with children of a certain age

Clinical Strategies:

- Assessment for obsessive compulsive disorder
- If perpetrator, focus on fixated vs. regressed issues
- Cognitive restructuring of key experiences and key beliefs about those experiences
- Abreactive recreation of experience through visualization to reduce experience's power
- Disrupt systemic cycles that occur in the family system that draw upon this experience for power or that empower the trauma

Key Resources:

Foy, 1992; Love, 1991; Money, 1988; Schwartz, 1992.