

CHILDHOOD PTSD QUESTIONNAIRE

FULL ASSESSMENT

ANSWER (YES, NO, OR MAYBE)

**Apply the question to the course of your lifetime. The issue might be resolved but still say yes – it helps with your story.*

1. I've always felt that there is something wrong with me.

YES _____ NO _____ MAYBE _____ NOTES/EXAMPLES _____

2. I have relationship and intimacy problems.

YES _____ NO _____ MAYBE _____ NOTES/EXAMPLES _____

3. I can isolate.

YES _____ NO _____ MAYBE _____ NOTES/EXAMPLES _____

4. I tend to get through things rather than experience and or enjoy them.

(Vacations, Holidays, Projects, Shopping, Gatherings)

YES _____ NO _____ MAYBE _____ NOTES/EXAMPLES _____

5. I struggle with depression and or anxiety.

YES _____ NO _____ MAYBE _____ NOTES/EXAMPLES _____

6. I can have trouble feeling joy and or spontaneity.

YES _____ NO _____ MAYBE _____ NOTES/EXAMPLES _____

7. I can space out, disassociate, numb out and or feel empty.

YES _____ NO _____ MAYBE _____ NOTES/EXAMPLES _____

8. Dysfunctional people seek me out.

YES _____ NO _____ MAYBE _____ NOTES/EXAMPLES _____

9. Being wrong and or right means too much to me.

YES _____ NO _____ MAYBE _____ NOTES/EXAMPLES _____

10. I struggle with ambiguity – loose ends, things up in the air, people not getting back to me.

YES _____ NO _____ MAYBE _____ NOTES/EXAMPLES _____

11. I can get into certain modes. (survival mode, work mode, rescue mode, emergency mode).

YES _____ NO _____ MAYBE _____ NOTES/EXAMPLES _____

12. When things are going well, I don't trust it.

YES _____ NO _____ MAYBE _____ NOTES/EXAMPLES _____

13. I can set myself up by being too optimistic and or can miss red flags.

YES _____ NO _____ MAYBE _____ NOTES/EXAMPLES _____

14. I have a hard time with moderation and can be addicted to things. (Alcohol, food, drugs, sex, media, caffeine)

YES _____ NO _____ MAYBE _____ NOTES/EXAMPLES _____

15. I've had or have food, sleep, or energy issues –(exhaustion or busy energy).

YES _____ NO _____ MAYBE _____ NOTES/EXAMPLES _____

16. I'm out of touch with my needs/wants.

YES _____ NO _____ MAYBE _____ NOTES/EXAMPLES _____

17. My libido is underactive or overactive.

YES _____ NO _____ MAYBE _____ NOTES/EXAMPLES _____

18. Growing up, I could be embarrassed or humiliated by my parents.

YES _____ NO _____ MAYBE _____ NOTES/EXAMPLES _____

19. Small talk can make me disinterested, irritated or uncomfortable.

YES _____ NO _____ MAYBE _____ NOTES/EXAMPLES _____

20. I have difficulty tapping into anger or possibly have too much of it (standing up for myself or others).

YES _____ NO _____ MAYBE _____ NOTES/EXAMPLES _____

21. I can be overly focused on fairness.

YES _____ NO _____ MAYBE _____ NOTES/EXAMPLES _____

22. Growing up, my parent(s) were rageful, volatile, dominating, depressed, unavailable or neurotic.

YES _____ NO _____ MAYBE _____ NOTES/EXAMPLES _____

23. Growing up, there was manipulation and or injustice.

YES _____ NO _____ MAYBE _____ NOTES/EXAMPLES _____

24. Growing up, I experienced corporal punishment.

YES _____ NO _____ MAYBE _____ NOTES/EXAMPLES _____

25. Growing up, the adult's needs and feelings came first.

YES _____ NO _____ MAYBE _____ NOTES/EXAMPLES _____

26. I get upset when others don't read what is going on with me.

YES _____ NO _____ MAYBE _____ NOTES/EXAMPLES _____

27. I can overpower or shut down during conflict.

YES _____ NO _____ MAYBE _____ NOTES/EXAMPLES _____

28. I can have fights/arguments with people in my head.

YES _____ NO _____ MAYBE _____ NOTES/EXAMPLES _____

29. I've been told I'm intense (too serious), or disengaged (aloof).

YES _____ NO _____ MAYBE _____ NOTES/EXAMPLES _____

30. I anticipate that other people will be upset with me and or that they will let me down.

YES _____ NO _____ MAYBE _____ NOTES/EXAMPLES _____

31. After an intense conversation or situation, my feelings and or thoughts catch up

with me hours after a delay. Example "I should have said that!"

YES _____ NO _____ MAYBE _____ NOTES/EXAMPLES _____

32. I can be greatly affected by other people's moods.

YES _____ NO _____ MAYBE _____ NOTES/EXAMPLES _____

33. Compliments make me uncomfortable and I minimize them.

YES _____ NO _____ MAYBE _____ NOTES/EXAMPLES _____

34. Rejection puts me in a very bad place.

YES _____ NO _____ MAYBE _____ NOTES/EXAMPLES _____

35. I often hide my real feelings/emotions.

YES _____ NO _____ MAYBE _____ NOTES/EXAMPLES _____

36. I can often view myself based on the way people react or respond to me.

YES _____ NO _____ MAYBE _____ NOTES/EXAMPLES _____

37. When someone is caring or nurturing I question it and feel uncomfortable.

YES _____ NO _____ MAYBE _____ NOTES/EXAMPLES _____

38. My emotions and or reactions can get in the way of my functioning or prevent me from who I want to be.

YES _____ NO _____ MAYBE _____ NOTES/EXAMPLES _____

39. I can often feel used or taken advantage of.

YES _____ NO _____ MAYBE _____ NOTES/EXAMPLES _____

40. I often do not trust my own feelings or the feelings of others.

YES _____ NO _____ MAYBE _____ NOTES/EXAMPLES _____

41. I can be reactive or deeply affected by criticism (any kind).

YES _____ NO _____ MAYBE _____ NOTES/EXAMPLES _____

42. I tend to be attracted to unavailable people.

YES _____ NO _____ MAYBE _____ NOTES/EXAMPLES _____

43. I can often feel superior and or inferior to others.

YES _____ NO _____ MAYBE _____ NOTES/EXAMPLES _____

44. Growing up one or both my parents were greatly dissatisfied & negative with each other or their partners if divorced.

YES _____ NO _____ MAYBE _____ NOTES/EXAMPLES _____

45. I can't stop being negative even when I try not to be.

YES _____ NO _____ MAYBE _____ NOTES/EXAMPLES _____

46. I feel that I'm not worthwhile unless I'm a satisfactory lover.

YES _____ NO _____ MAYBE _____ NOTES/EXAMPLES _____

47. Growing up, things were not talked about. (emotions, situations, elephants in the room).

YES _____ NO _____ MAYBE _____ NOTES/EXAMPLES _____

48. I'm more comfortable with one of the sexes. (male/female)

YES _____ NO _____ MAYBE _____ NOTES/EXAMPLES _____

49. I've felt inadequate about my gender.

YES _____ NO _____ MAYBE _____ NOTES/EXAMPLES _____

50. I don't like being touched.

YES _____ NO _____ MAYBE _____ NOTES/EXAMPLES _____

51. I've only ended relationships once things get very bad.

YES _____ NO _____ MAYBE _____ NOTES/EXAMPLES _____

52. Because one of my parents was so bad, I consider the other one safer.

YES _____ NO _____ MAYBE _____ NOTES/EXAMPLES _____

53. I'm perpetually seeking to get my life together, not feeling good enough.

YES _____ NO _____ MAYBE _____ NOTES/EXAMPLES _____

54. I'm perfectionistic and or rigid.

YES _____ NO _____ MAYBE _____ NOTES/EXAMPLES _____

55. I struggle with procrastination and or finishing things.

YES _____ NO _____ MAYBE _____ NOTES/EXAMPLES _____

56. Growing up I had feelings about killing one or both my parents which caused shame.

YES _____ NO _____ MAYBE _____ NOTES/EXAMPLES _____

57. One or both my parents overly confided in me growing up about their problems.

YES _____ NO _____ MAYBE _____ NOTES/EXAMPLES _____

58. Angry people and people in authority freak me out.

YES _____ NO _____ MAYBE _____ NOTES/EXAMPLES _____

59. I tend to think about my feelings v. feeling them fully.

YES _____ NO _____ MAYBE _____ NOTES/EXAMPLES _____

60. Speaking up about my needs/preferences or saying no, is difficult for me.

YES _____ NO _____ MAYBE _____ NOTES/EXAMPLES _____

****Add up the yeses, and then add up the yeses and maybes and average them.**

****Any more than ten yeses most likely means that there is some childhood exploration and or work to do. Scoring high is very common.**

****Use this questionnaire as a tool to bring to treatment or to establish the need for treatment with a licensed behavioral health provider.**

