

# Craig Toonder, MFT

Body-Mind Psychotherapy & Consultation in Personal Development



## Trauma Symptom Survey

Derived from: Crash Course, By: Diane Poole Heller Ph.D. w/ Laurence Heller Ph.D.  
North Atlantic Books, Berkeley, © 2001

*Assess the severity of your symptoms since the traumatic event with this chart. "0" means no difficulty or no negative impact on you, while "5" is extreme difficulty, a high level of interference in your life. If you have several high scores, you may want to seek professional consultation.*

- |   |                    |  |                    |
|---|--------------------|--|--------------------|
| 1. Feelings of helplessness and/or powerlessness        | <u>0 1 2 3 4 5</u> | 15. Reoccurring thoughts or images related to event                      | <u>0 1 2 3 4 5</u> |
| 2. Generalized fear, anxiety, worry, or overly cautious | <u>0 1 2 3 4 5</u> | 16. Constantly retelling   | <u>0 1 2 3 4 5</u> |
| 3. Hypervigilance, feeling "on guard"                   | <u>0 1 2 3 4 5</u> | 17. Flashbacks - you feel you are reliving the event                     | <u>0 1 2 3 4 5</u> |
| 4. Startle easily or "jumpy"                            | <u>0 1 2 3 4 5</u> | 18. Reoccurring dreams related to the event                              | <u>0 1 2 3 4 5</u> |
| 5. Panic attacks  | <u>0 1 2 3 4 5</u> | 19. Disruption in sleep: insomnia or oversleeping                        | <u>0 1 2 3 4 5</u> |
| 6. Feeling unsafe                                       | <u>0 1 2 3 4 5</u> | 20. Night terrors or waking with intense fear                            | <u>0 1 2 3 4 5</u> |
| 7. Feeling your life is still threatened                | <u>0 1 2 3 4 5</u> | 21. Avoidance of thoughts, conversations, feelings about the event       | <u>0 1 2 3 4 5</u> |
| 8. Feeling trauma will re-occur                         | <u>0 1 2 3 4 5</u> | 22. Avoidance of people, places, or activities associated with the event | <u>0 1 2 3 4 5</u> |
| 9. Feeling something bad will happen                    | <u>0 1 2 3 4 5</u> | 23. Alienation, feeling no one can understand                            | <u>0 1 2 3 4 5</u> |
| 10. Restless, can't settle, hyperactive                 | <u>0 1 2 3 4 5</u> | 24. Difficulty getting along with others                                 | <u>0 1 2 3 4 5</u> |
| 11. Heightened sense of urgency                         | <u>0 1 2 3 4 5</u> | 25. Gaps in memory –esp. related to the event                            | <u>0 1 2 3 4 5</u> |
| 12. Fear of being alone                                 | <u>0 1 2 3 4 5</u> | 26. "Everything's fine" stance   | <u>0 1 2 3 4 5</u> |
| 13. Fear of being with others                           | <u>0 1 2 3 4 5</u> | 27. Feeling confused   | <u>0 1 2 3 4 5</u> |
| 14. Fear of leaving home or familiar surroundings       | <u>0 1 2 3 4 5</u> |  |                    |

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|---|--------------------|---|--------------------|
| 28. Feeling disconnected, lost, "not here"          | <u>0 1 2 3 4 5</u> | 50. Overwhelmed, inability to cope with normal stress | <u>0 1 2 3 4 5</u> |
| 29. Lack of focus or concentration                  | <u>0 1 2 3 4 5</u> | 51. Feeling out of control                            | <u>0 1 2 3 4 5</u> |
| 30. Easily distracted                               | <u>0 1 2 3 4 5</u> | 52. Uncontrollable emotions                           | <u>0 1 2 3 4 5</u> |
| 31. Trouble orienting in space, bumping into things | <u>0 1 2 3 4 5</u> | 53. Uncontrolled temper, irritable, overreacting      | <u>0 1 2 3 4 5</u> |
| 32. Losing personal items                           | <u>0 1 2 3 4 5</u> | 54. Acting out: throwing, screaming, hitting, kicking | <u>0 1 2 3 4 5</u> |
| 33. Trouble keeping track of time, frequently late  | <u>0 1 2 3 4 5</u> | 55. Desire to hurt self or others                     | <u>0 1 2 3 4 5</u> |
| 34. Difficulty starting or completing projects      | <u>0 1 2 3 4 5</u> | 56. Impulses to flee or escape                        | <u>0 1 2 3 4 5</u> |
| 35. Difficulty making decisions                     | <u>0 1 2 3 4 5</u> | 57. Feeling frozen, paralyzed, immobile               | <u>0 1 2 3 4 5</u> |
| 36. Depression                                      | <u>0 1 2 3 4 5</u> | 58. Fearlessness of dangerous situations              | <u>0 1 2 3 4 5</u> |
| 37. Feeling shut down                               | <u>0 1 2 3 4 5</u> | 59. Get feelings hurt easily                          | <u>0 1 2 3 4 5</u> |
| 38. Disinterest in life                             | <u>0 1 2 3 4 5</u> | 60. Crying easily                                     | <u>0 1 2 3 4 5</u> |
| 39. Feeling numb/deadened                           | <u>0 1 2 3 4 5</u> | 61. Inability to cry                                  | <u>0 1 2 3 4 5</u> |
| 40. Exhaustion, lack of energy                      | <u>0 1 2 3 4 5</u> | 62. Temperature shifts, chills or hot flashes         | <u>0 1 2 3 4 5</u> |
| 41. Loss of sexual interest                         | <u>0 1 2 3 4 5</u> | 63. Electric or overcharged feeling in body           | <u>0 1 2 3 4 5</u> |
| 42. No sense of future                              | <u>0 1 2 3 4 5</u> | 64. Hypersensitivity to light or sound                | <u>0 1 2 3 4 5</u> |
| 43. Loss of creativity                              | <u>0 1 2 3 4 5</u> | 65. Stomach problems, nausea                          | <u>0 1 2 3 4 5</u> |
| 44. Feeling worthless or inadequate                 | <u>0 1 2 3 4 5</u> | 66. Disturbed eating pattern                          | <u>0 1 2 3 4 5</u> |
| 45. Isolation from people                           | <u>0 1 2 3 4 5</u> | 67. Increased urinary frequency                       | <u>0 1 2 3 4 5</u> |
| 46. Unable to feel the weight of your body          | <u>0 1 2 3 4 5</u> | 68. Heart pounding, racing, irregular                 | <u>0 1 2 3 4 5</u> |
| 47. Feeling weak in body                            | <u>0 1 2 3 4 5</u> | 69. Chronic pain                                      | <u>0 1 2 3 4 5</u> |
| 48. Feeling heavy, like dead weight                 | <u>0 1 2 3 4 5</u> | 70. Guilt, regret, shame                              | <u>0 1 2 3 4 5</u> |
| 49. Feeling outside your body                       | <u>0 1 2 3 4 5</u> |   |                    |