

Reactions to Difficult Past Events

People with difficult events in the past can have some of the problems listed below. Please check any problems that apply to you or someone you care about.

	Applies to Me	Applies to My Loved One
☐ Difficulty managing emotions		
Emotional reactions that are intense, and seem to change without an obvious reason	☐	☐
Trouble managing anger or rage	☐	☐
Suicidal or self-destructive feelings, or a death wish	☐	☐
Uncontrollable or inappropriate sexual feelings or involvements	☐	☐
Taking risks or acting impulsively	☐	☐
Feeling panicky for no reason	☐	☐
☐ Difficulty paying attention		
Having gaps in memories of recent or past events	☐	☐
"Zoning out," or finding it hard to stay present and pay attention	☐	☐
"Spacing out," feeling unreal or that the world is unreal	☐	☐
Having intrusive thoughts about the event(s) or person(s) that were harmful	☐	☐
Having dreams or nightmares about the event(s) or person(s) that were harmful	☐	☐
☐ Physical problems that don't get better		
Digestive disorders	☐	☐
Chronic pain	☐	☐
Heart trouble or high blood pressure	☐	☐
Unexplained symptoms	☐	☐
Sexual symptoms or problems	☐	☐
☐ Changes in self-esteem		
Feeling guilt, shame, or self-blame because of what happened	☐	☐
Feeling "permanently damaged" by what happened	☐	☐
Feeling ineffective in life because of what happened	☐	☐
Thinking that no one understands because of what happened	☐	☐
Dismissing what happened as "unimportant"	☐	☐
☐ Changes in thinking about the event(s) or person(s) involved		
Disbelieving that the person(s) were responsible or that the event(s) harmed you	☐	☐
Being preoccupied with thoughts of harming the person(s) who were responsible	☐	☐
Idealizing the person(s) who harmed you, or people like him or her	☐	☐
☐ Changes in relationships with others		
Having trouble trusting anyone	☐	☐
Withdrawing from people or from life	☐	☐
Being drawn to, or getting involved with, people who are hurtful or dangerous	☐	☐
Being unable to stay safe around hurtful or dangerous people, being victimized	☐	☐
Being drawn to, or getting involved with, people who can be hurt in some way	☐	☐
Having fantasies or recurrent thoughts about being rescued, or rescuing someone	☐	☐
☐ Changes in a sense of purpose and meaning in life		
Feeling hopelessness or despair	☐	☐
No longer believing good things will happen, or life can change for the better	☐	☐
No longer believing in positive things, e.g., God, spirituality, good fortune	☐	☐
Finding life meaningless	☐	☐
Believing that an early or traumatic death is likely	☐	☐