

60 CHARACTERISTICS OF COMPLEX TRAUMA EVALUATION



The following evaluation(s) is not intended to diagnose someone with C-PTSD. It is used for self-awareness or self-discovery purposes only. The questions within are based on Tim Fletcher's 60 Characteristics of Complex Trauma or the Adverse Childhood Experiences (ACE) Test (not property of Tim Fletcher Co.). Take notes of what you have marked as affirmative (those you have marked as "Very True, True, Always, Yes or Sometimes".) These could be sensitive areas and an opportunity to explore, heal and grow.

The material in this evaluation(s) may be triggering for some readers, especially for those who have suffered from extreme forms of abuse. Try your best to work through the material as an observer and allow yourself to work through the emotions or memories by going to a safe place in your mind.

If you are feeling triggered at any time, please put the material down. Ensure you have supports or loved ones in place as you work to process or request help from a centre or hotline near you.

Complex Trauma is the missing piece that sheds light on all kinds of problems. Undetected, it affects every aspect of a person ... - Tim Fletcher

THRIVING BEYOND™
COMPLEX TRAUMA

REACT

60 CHARACTERISTICS OF COMPLEX TRAUMA EVALUATION



This test is designed to create self awareness of our level of Complex Trauma. Take note of the characteristics you have marked as “True, Very True, Always, Yes or Sometimes”. These could be sensitive areas and an opportunity to explore, heal and grow.

WAYS OF LIVING

The following 29 questions give us an idea of how Complex Trauma affects the way we LIVE.

1. Change in Priorities. When you enter a public space or a friends house, do you look for the nearest exit or have to sit in a spot to look out a window to look out for danger?

☐ Not true ☐ True ☐ Always ☐ Never ☐ Yes
☐ A little true ☐ Very true ☐ Don't know ☐ Sometimes ☒ No

2. Fear of Getting Hurt. Do you avoid certain people, going to places or engaging in circumstances for fear of being hurt?

☐ Not true ☐ True ☐ Always ☐ Never ☒ Yes
☐ A little true ☐ Very true ☐ Don't know ☐ Sometimes ☐ No

3. Fear of Change. Do changes in your routine or family upset you?

☐ Not true ☐ True ☐ Always ☐ Never ☐ Yes
☐ A little true ☐ Very true ☐ Don't know ☐ Sometimes ☒ No

4. Fear of the Unknown. Do you believe it is better to stay in an unhealthy or abusive situation rather than leave and face the unknown?

☐ Not true ☐ True ☐ Always ☒ Never ☐ Yes
☐ A little true ☐ Very true ☐ Don't know ☒ Sometimes ☐ No

5. Fear of Failure. Do you fear failing and avoid it at all costs?

☐ Not true ☐ True ☐ Always ☒ Never ☐ Yes
☒ A little true ☐ Very true ☐ Don't know ☒ Sometimes ☐ No

6. Fear of Success. When things are going well, do you feel uncomfortable and expect something bad to happen?

☐ Not true ☐ True ☐ Always ☐ Never ☒ Yes
☐ A little true ☐ Very true ☐ Don't know ☐ Sometimes ☐ No

7. Afraid to Hope. Whenever parents, leaders or teachers make promises, are you afraid to hope they may come true?

☐ Not true	☐ True	☐ Always	☐ Never	☒ Yes
☐ A little true	☐ Very true	☐ Don't know	☐ Sometimes	☐ No

8. Afraid to Care. Do you ever convince yourself you don't care, when deep down you really do?

☐ Not true	☐ True	☐ Always	☐ Never	☒ Yes
☐ A little true	☐ Very true	☐ Don't know	☐ Sometimes	☐ No

9. Negative and Critical Mindset. Do you always look at life from a negative point of view and criticize other people, places or circumstances?

☐ Not true	☒ True	☐ Always	☐ Never	☐ Yes
☐ A little true	☐ Very true	☐ Don't know	☐ Sometimes	☐ No

10. Desire to Return to Old Ways. Do you believe it would be easier to return to a familiar old way of living rather than change and learn new healthy habits?

☐ Not true	☐ True	☐ Always	☐ Never	☐ Yes
☐ A little true	☐ Very true	☐ Don't know	☐ Sometimes	☒ No

11. Anxiety Issues. Do you live in a constant state of fear or worry?

☐ Not true	☐ True	☐ Always	☐ Never	☐ Yes
☒ A little true	☐ Very true	☐ Don't know	☒ Sometimes	☐ No

12. Don't Handle Stress. Do you get anxious, nervous or stressed out when you have to deal with something significant?

☐ Not true	☒ True	☐ Always	☐ Never	☒ Yes
☐ A little true	☐ Very true	☐ Don't know	☐ Sometimes	☐ No

13. Avoid Conflict. Do you associate conflict with danger and avoid it at all costs?

☐ Not true	☒ True	☐ Always	☐ Never	☒ Yes
☐ A little true	☐ Very true	☐ Don't know	☐ Sometimes	☐ No

14. Depression. Do you feel sad for long periods of time and nothing makes you happy or feel better?

☐ Not true	☒ True	☐ Always	☐ Never	☒ Yes
☐ A little true	☐ Very true	☐ Don't know	☐ Sometimes	☐ No

15. **Distorted Thinking.** Do you frequently believe something only to discover that it is not true?

☐ Not true	☐ True	☐ Always	☐ Never	☒ Yes
☐ A little true	☐ Very true	☐ Don't know	☒ Sometimes	☐ No

16. **Hypersensitive to Disrespect.** Do you feel unimportant, ashamed, humiliated, bullied, put down or laughed at by family members or friends?

☐ Not true	☐ True	☐ Always	☐ Never	☒ Yes
☐ A little true	☐ Very true	☐ Don't know	☒ Sometimes	☐ No

17. **Hypersensitive to Criticism.** When someone gives you feedback, do you feel you are being criticized and shamed?

☐ Not true	☐ True	☐ Always	☐ Never	☐ Yes
☐ A little true	☐ Very true	☐ Don't know	☐ Sometimes	☒ No

18. **Judge Ourselves Harshly.** When you do something silly, foolish or wrong, or don't do as well as you'd hoped on a project or task, do you beat yourself up and feel like a loser?

☐ Not true	☐ True	☐ Always	☐ Never	☒ Yes
☐ A little true	☐ Very true	☐ Don't know	☒ Sometimes	☐ No

19. **Power and Authority.** When given a task, do you start acting like a bully or look down on other people?

☐ Not true	☐ True	☐ Always	☐ Never	☐ Yes
☐ A little true	☐ Very true	☐ Don't know	☐ Sometimes	☒ No

20. **Operate by a Double Standard.** Do you believe there are two sets of rules? One for a stronger person and another for everyone else?

☐ Not true	☐ True	☐ Always	☐ Never	☐ Yes
☐ A little true	☐ Very true	☐ Don't know	☐ Sometimes	☒ No

21. **People Pleaser.** Do you feel you have to fix everyone and make them happy? Do and say what others want so they will love us?

☐ Not true	☐ True	☐ Always	☐ Never	☒ Yes
☐ A little true	☐ Very true	☐ Don't know	☒ Sometimes	☐ No

22. **False Guilt.** Do you ever feel guilty or remorse for something someone else did? Or been blamed for something others did that was hurtful?

☐ Not true	☐ True	☐ Always	☐ Never	☒ Yes
☐ A little true	☐ Very true	☐ Don't know	☒ Sometimes	☐ No

23. Don't Know Who You Are. Do you frequently feel like you don't know who you are or were meant to be?

☐ Not true ☐ True ☐ Always ☒ Never ☒ Yes
☐ A little true ☐ Very true ☐ Don't know ☒ Sometimes ☐ No

24. Addicted to Chaos or Risky Behaviours. Do you thrive on drama, chaos or doing risky things that give you a rush of adrenaline?

☐ Not true ☐ True ☐ Always ☒ Never ☐ Yes
☐ A little true ☐ Very true ☐ Don't know ☒ Sometimes ☐ No

25. Great Starters. Poor Finishers. Do you always feel energized when you start a project or something new, then quickly lose interest?

☐ Not true ☐ True ☒ Always ☐ Never ☒ Yes
☐ A little true ☐ Very true ☐ Don't know ☐ Sometimes ☐ No

26. Instant Gratification. Do you live by the motto, "Do it now because it feels good?"

☐ Not true ☐ True ☐ Always ☒ Never ☒ Yes
☐ A little true ☐ Very true ☐ Don't know ☒ Sometimes ☐ No

27. Unpredictable or Explosive. Do your moods or personality make you unpredictable to others or do you explode in anger and drive people away?

☐ Not true ☐ True ☐ Always ☐ Never ☐ Yes
☐ A little true ☐ Very true ☒ Don't know ☐ Sometimes ☐ No

28. Promise More Than Can Deliver. Have you ever made promises or taken on projects that became bigger than you could handle?

☐ Not true ☐ True ☐ Always ☐ Never ☒ Yes
☐ A little true ☒ Very true ☐ Don't know ☐ Sometimes ☐ No

29. Anger Issues. Do you turn your anger into a weapon with your words or actions to hurt someone?

☐ Not true ☐ True ☐ Always ☒ Never ☒ Yes
☐ A little true ☐ Very true ☐ Don't know ☒ Sometimes ☐ No

WAYS OF COPING

The following Characteristics identify how we COPE.

30. Lies. Do you sometimes lie, even when it's just as easy to tell the truth?

☐ Not true ☐ True ☐ Always ☐ Never ☐ Yes
☐ A little true ☐ Very true ☐ Don't know ☐ Sometimes ☒ No

31. Emotional Stuffing. Do you live by the three rules, "Don't feel, don't trust and don't talk?"

☐ Not true	☐ True	☐ Always	☐ Never	☒ Yes
☐ A little true	☐ Very true	☐ Don't know	☒ Sometimes	☐ No

32. Escape Through Fantasy. Do you spend a lot of time in an imaginary world, playing video games, watching movies, reading or writing?

☐ Not true	☐ True	☐ Always	☐ Never	☒ Yes
☐ A little true	☐ Very true	☐ Don't know	☒ Sometimes	☐ No

33. Sabotage. Do you throw a wrench into success when things are going good or end a relationship because it seems too good to be true?

☐ Not true	☐ True	☐ Always	☐ Never	☒ Yes
☐ A little true	☐ Very true	☐ Don't know	☐ Sometimes	☐ No

34. Image is More Important. Do you believe your image is more important than being real or authentic?

☐ Not true	☐ True	☐ Always	☐ Never	☒ Yes
☐ A little true	☐ Very true	☐ Don't know	☐ Sometimes	☐ No

35. Blame. Do you often blame someone else for the problems in your life? Do you always have excuses for incomplete tasks or assignments?

☐ Not true	☐ True	☐ Always	☐ Never	☒ Yes
☐ A little true	☐ Very true	☐ Don't know	☐ Sometimes	☐ No

36. Victim Mentality. Do you often feel like a victim? Feel helpless or 'poor me'?

☒ Not true	☐ True	☐ Always	☐ Never	☒ Yes
☐ A little true	☐ Very true	☐ Don't know	☒ Sometimes	☐ No

37 Stopped Growing Emotionally. Do you feel stuck at the age you were when you experienced trauma?

☐ Not true	☐ True	☐ Always	☐ Never	☒ Yes
☒ A little true	☐ Very true	☐ Don't know	☐ Sometimes	☐ No

38. Super Responsible, Super Irresponsible. Do you resonate with one or the other?

☐ Not true	☐ True	☐ Always	☐ Never	☒ Yes
☐ A little true	☐ Very true	☐ Don't know	☐ Sometimes	☐ No

39. Addiction. Do you feel you are addicted to drugs, alcohol or something else?

☐ Not true	☐ True	☐ Always	☐ Never	☒ Yes
☐ A little true	☐ Very true	☐ Don't know	☒ Sometimes	☐ No

Your scores here determine how you cope in life. The following ways is how your body copes to protect you.

SOMATIC:

40. Memory Gaps. Do you feel you can't remember things that happened in the past?

☐ Not true	☐ True	☒ Always	☐ Never	☒ Yes
☐ A little true	☐ Very true	☐ Don't know	☐ Sometimes	☐ No

41. Panic Attacks. Do you have trouble sleeping, feel scared and anxious but don't know why?

☐ Not true	☐ True	☐ Always	☐ Never	☒ Yes
☐ A little true	☐ Very true	☐ Don't know	☒ Sometimes	☐ No

42. Other Responses. Do you have any unexplained or diagnosed aches, pains or illnesses?

☐ Not true	☐ True	☐ Always	☐ Never	☐ Yes
☐ A little true	☐ Very true	☐ Don't know	☐ Sometimes	☒ No

WAYS OF RELATING

The following Characteristics fall into the category of how we RELATE.

43. Wear Masks. Do you ever pretend to look and act how others want us to in order to fit in?

☐ Not true	☐ True	☒ Always	☐ Never	☒ Yes
☐ A little true	☒ Very true	☐ Don't know	☐ Sometimes	☐ No

44. Isolate. Do you ever want to isolate from everyone? Move away to start over? Become invisible?
Or turn off your emotions?

☐ Not true	☐ True	☒ Always	☐ Never	☒ Yes
☐ A little true	☒ Very true	☐ Don't know	☐ Sometimes	☐ No

45. Manipulate. Have you become an expert at getting people to do things for you?

☐ Not true	☐ True	☐ Always	☐ Never	☐ Yes
☐ A little true	☐ Very true	☐ Don't know	☐ Sometimes	☒ No

46. **A Burden.** Do you often feel like asking someone for help with a task or problem will inconvenience or put them out somehow?

☐ Not true	☐ True	☐ Always	☐ Never	☒ Yes
☐ A little true	☐ Very true	☐ Don't know	☐ Sometimes	☐ No

47. **Trust Issues.** Do you have a hard time trusting people to keep you safe? Or do you trust everyone you meet?

☐ Not true	☐ True	☐ Always	☐ Never	☐ Yes
☐ A little true	☐ Very true	☐ Don't know	☐ Sometimes	☒ No

48. **Shame.** Do you believe you are not valuable, loveable or good enough?

☐ Not true	☐ True	☒ Always	☐ Never	☒ Yes
☐ A little true	☒ Very true	☐ Don't know	☐ Sometimes	☐ No

49. **Authority Issues.** Do you deliberately defy, rebel against or push back when asked to do something?

☐ Not true	☐ True	☐ Always	☒ Never	☒ Yes
☐ A little true	☐ Very true	☐ Don't know	☒ Sometimes	☐ No

50. **Boundary Issues.** Do you fear someone will be mad at you if you don't do as they ask? Even if you don't feel comfortable?

☐ Not true	☐ True	☐ Always	☒ Never	☒ Yes
☐ A little true	☐ Very true	☐ Don't know	☒ Sometimes	☐ No

51. **Attachment Issues.** Do you really want to feel close to somebody but are afraid of what that means?

☐ Not true	☐ True	☐ Always	☐ Never	☐ Yes
☐ A little true	☐ Very true	☐ Don't know	☐ Sometimes	☒ No

52. **Healthy vs Unhealthy Bonding.** Do you feel safe, protected, loved and cherished? Or do you tune out, are disorganized, angry or feel insecure?

☐ Not true	☐ True	☐ Always	☐ Never	☐ Yes
☐ A little true	☐ Very true	☐ Don't know	☐ Sometimes	☒ No

53. **Helper or Needy?** In your relationships which role do you play, the helper or the needy one?

☐ Not true	☐ True	☒ Always	☐ Never	☒ Yes
☐ A little true	☒ Very true	☐ Don't know	☐ Sometimes	☐ No

54. Distorted View of Love. Do you feel you have healthy understanding of what love is?

☐ Not true	☐ True	☐ Always	☐ Never	☒ Yes
☐ A little true	☐ Very true	☐ Don't know	☐ Sometimes	☐ No

55. Many Insecurities. Do you have a lot of insecurities about your personality, body, the way you look, think, act or feel?

☐ Not true	☐ True	☐ Always	☐ Never	☒ Yes
☐ A little true	☐ Very true	☐ Don't know	☐ Sometimes	☐ No

56. Deep Longing for Validation. Do you long to know you are valued for who you are, the things you do and for being you?

☐ Not true	☐ True	☐ Always	☐ Never	☒ Yes
☐ A little true	☐ Very true	☐ Don't know	☐ Sometimes	☐ No

57. Unhealthy Value. Do you base your value on external criteria? For your looks, brains, talents, personality or money?

☐ Not true	☐ True	☐ Always	☐ Never	☒ Yes
☒ A little true	☐ Very true	☐ Don't know	☒ Sometimes	☐ No

58. Jealousy Issues. Are you jealous of your friends or family spending time with other people or doing things without you?

☐ Not true	☐ True	☐ Always	☐ Never	☐ Yes
☐ A little true	☐ Very true	☐ Don't know	☐ Sometimes	☐ No

59. Don't Know What Loyalty Is. Do you believe that you have to be loyal to your family, no matter what? That 'blood is thicker than water'?

☐ Not true	☐ True	☐ Always	☐ Never	☒ Yes
☐ A little true	☐ Very true	☐ Don't know	☐ Sometimes	☐ No

60. Fear of Abandonment. Do you fear being left alone or rejected by loved ones, caregivers or friends?

☐ Not true	☐ True	☐ Always	☐ Never	☒ Yes
☐ A little true	☐ Very true	☐ Don't know	☐ Sometimes	☐ No