

The Effect of Trauma on Emotions Session 2 Handout

Which of These Are True for You?

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| <input type="checkbox"/> Difficulty knowing what you feel | <input type="checkbox"/> Feel that emotions control you |
| <input type="checkbox"/> Difficulty labeling or naming your feelings | <input type="checkbox"/> Feel numb |
| <input type="checkbox"/> Difficulty expressing or talking about feelings | <input type="checkbox"/> Think that feelings make you vulnerable |
| <input type="checkbox"/> Get easily overwhelmed by your feelings (positive or negative) | <input type="checkbox"/> Feel angry at others when you feel vulnerable |
| <input type="checkbox"/> Fear of emotions; think of having feelings as unsafe | <input type="checkbox"/> Can't expressing feelings to others |
| <input type="checkbox"/> Try to avoid or get rid of feelings | <input type="checkbox"/> Feel angry at yourself when you have feelings |
| <input type="checkbox"/> Difficulty coping in healthy ways | <input type="checkbox"/> Others? |

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