

Quiz: Have you been traumatized during your childhood?

There is a quiz on line called the ACE (Adverse Childhood Experiences) which evaluates whether you have had trauma based on what you remember about your childhood. ACE predicts how what you remember is probably effecting your life now in areas of relationships, career, and mental or physical health. But, I have found that my clients don't really understand that test tool and want to disregard the effects of those experiences as having been in their past. What I have come to understand as some good insights into whether you may have had trauma in your childhood or even recently is to recognize how you are functioning today.

Now, that being said, many of these symptoms also are evident in people who exhibit disorders such as ADD or Bi-polar disorder and those individuals need help with those disorders prior to or along with help for their trauma.

Also, I want to reassure individuals that this is not a blame game for who has the best tool to blame our parents for our problems. This is to identify symptoms in your current life, which you may not be aware of, and for which individuals who are raised in healthy homes do not have to struggle. In other words, you don't know what you don't know. At least this is true for all of us that are trying to cope with the only life we know.

Please call me if you want to work on this stuff.

Here are the symptoms. Please highlight or circle the ones you feel describe you.

- Your mind does not stay on one topic for very long (racing thoughts)
- You struggle making or keeping close friends.
- You may be calm on the outside, but inside you are hyperaware of your surroundings.
- You make yourself stay "up" emotionally or are a Pollyanna about life, because the alternative could be deep depression.
- Your range of emotions is relatively small and you scoff at people who cry or laugh "too much."
- You are not sure what your best qualities are.
- Your hopes for your future are crumbling and you are out of energy to change them.
- You are not able to remember details of even recent conversations with someone else.
- Deep inside you want to give up on life.
- You are not sure what you are good at.
- You may enjoy some things, but they never bring you peace or a sense of real fulfillment.
- Your mind and/or body will not calm down enough for mindful practices or other routine self-development practices.
- Your memory of childhood, if you have much of one, is like flashes in pan of events and nothing very comprehensive.
- You are extraordinarily loyal to everyone else.
- You believe that consistency in life makes you a more respected person
- You may have chosen an addiction or you may be avoiding addiction behavior like the plague.