

Never = 0	Sometimes = 1	Often = 2	Childhood trauma shows up in many ways, and these 20 statements touch on several common areas of difficulty. For each prompt, please select either “never,” “sometimes,” or “often.” The tool is scored this way: “never” = 0 points, “sometimes” = 1 point, “often” = 2 points.
			I feel anxious about social situations.
			I feel a surge of anger or self-righteousness over small things that get to me.
			I use things (like food, drugs, alcohol, coffee) or activities (like work, sex, exercise, scrolling, gambling, spending) in mindless or compulsive ways to help myself cope with stress.
			Even when things are going well, I’m worried that something will go wrong.
			I am on the lookout for someone to say or do something that will hurt me.
			When I’m around people who are angry, I freak out or shut down inside.
			I space out or numb out if I feel stressed.
			I feel like I’m just getting through things that I’d like to enjoy.
			I feel like there is something wrong with me.
			I compare myself negatively to others.
			I don’t ask for what I want or need.
			I’m perfectionistic in how I do things.
			I feel a need to fix other people’s problems.
			Worrying about upsetting people keeps me from standing up for myself.
			I stay in friendships or romantic relationships more because of fear of leaving than being happy about staying.
			I care too much about being right and not wrong in others’ eyes.
			I either avoid or rush into potential friendships and romantic relationships.
			In childhood/adolescence, I felt embarrassed, humiliated, or shamed by my parents.
			In childhood/adolescence, my parents were emotionally unavailable to me (this might have been because of things like their stress, rage, addiction, depression, or narcissism).
			Add up the 1s column and the 2s column, then combine them for a total score.

© Copyright 2024 – Christopher Frechette, LICSW

How does your score compare to how you thought about your childhood? It’s common for people to have high scores. If your total score was higher than 10, or if taking this assessment was helpful for you in identifying areas where you might have unhealed childhood trauma, consider reaching out to a qualified mental health provider for support in your healing journey. If you’re in Massachusetts or Vermont and are interested in learning more about what it would be like to work together with me, you can fill out the intake form [here](#) to be considered for a screening call.