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COUNSELOR • COACH



Is unresolved trauma holding you back?

Find out now.

Try this simple self assessment to learn whether unresolved trauma is behind your struggles and what you can do about it.

*Book a FREE 10 Minute
Discovery Call*

www.bonnieayotte.com

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Is unresolved trauma holding you back?

- ✓ Do you suffer from multiple symptoms and life-controlling issues with no idea why or how to change them?
- ✓ Does your family have a pattern of violence, addiction, poverty, depression, child loss, or chronic failure that follows you around like a dark cloud?
- ✓ Do you struggle with relationships, joblessness, or constant pain?
- ✓ Have you tried counselling or therapy only to end up back where you started?

If you identify with any of these signs (and some we haven't listed above) you may be suffering from Unresolved Psychological Trauma.

Most of us associate "trauma" with some kind of severe event or major injury. In reality, however, Psychological Trauma is ANY event that seems bigger than your ability to overcome it, resulting in a degradation of your Self-Esteem. The severity of the event is meaningless on its own. The real injury is to your sense of Self. Consequently, most traumas are unrecognized and unresolved, silently eroding your quality of life... and this may be in forms you never considered.

The following are signs and symptoms of Unresolved Psychological Trauma, organized into 3 categories ranging from mild to severe. Depending on your selections, you may benefit from counseling psychology sessions.

Transitional: items 1-4

Acute: items 5-8

Chronic: items 8-12

Take advantage of our FREE 10 MINUTE DISCOVERY CALL to make sure you're choosing the right program for your therapeutic needs.

1. Do you experience any of the following signs of prolonged emotional distress?

- | | | |
|---------------------------------------|---|--|
| <input type="checkbox"/> fatigue | <input type="checkbox"/> illness | <input type="checkbox"/> sleeplessness |
| <input type="checkbox"/> restlessness | <input type="checkbox"/> distraction | <input type="checkbox"/> irritability |
| <input type="checkbox"/> chronic pain | <input type="checkbox"/> stomach complaints | <input type="checkbox"/> nervousness |

2. Do you recognize a pattern of out-of-control or self-harming behaviors?

Indulgent behaviors that distract from feelings:

- | | | |
|------------------------------------|--|-----------------------------------|
| <input type="checkbox"/> addiction | <input type="checkbox"/> over/under eating | <input type="checkbox"/> gambling |
| <input type="checkbox"/> OCD | <input type="checkbox"/> perfectionism | <input type="checkbox"/> shopping |

Avoidant behaviors that ignore feelings:

- | | |
|--|---------------------------------------|
| <input type="checkbox"/> promiscuity | <input type="checkbox"/> oversleeping |
| <input type="checkbox"/> extreme television, video game, or internet use | |

Defensive patterns:

- | | | |
|---------------------------------------|---------------------------------------|---|
| <input type="checkbox"/> hoarding | <input type="checkbox"/> unemployment | <input type="checkbox"/> chaos & drama |
| <input type="checkbox"/> poor hygiene | <input type="checkbox"/> poverty | <input type="checkbox"/> debts & unpaid bills |

 **3. Are you unable to tolerate feelings, conflicts, or your inner experience?**

- tend to withdraw, even when you feel your position is justified
- feel blunt or numb, or under-react in extreme situations
- feelings become intense or overwhelming suddenly or rapidly

Feelings of depression:

- chronic sleep issues
- food intolerances, allergies
- low energy
- lacking motivation
- poor memory
- feelings of low Self-Esteem
- hopelessness
- chronic illness and pain
- pessimism

Feelings of panic:

- difficulty breathing
- feeling you might be having a heart attack
- overwhelming sense of pending doom
- intolerable sense that you may be going crazy
- hyper-alert to possible danger, even in safe situations

 **4. Do you experience acute signs of physiological distress?**

- heart palpitations
- sweating
- trembling, shaking
- tightness in chest
- choking sensation
- dizzy, light-headedness
- rapid heartbeat
- shortness of breath
- feelings of unreality
- fear of loss of control
- numbness, tingling
- cold hands

Do you tend to think in black and white, or experience other cognitive distortions?

- child-like, excessively concrete, or magical thinking
- accused of believing things that do not match "real life"
- derive "life rules" or experience a "critical voice" from childhood distortions
- cling to distortions, even when presented new evidence
- consciously or unconsciously manipulate situations to cause reality to match distortion

Patterns of distorted thinking:

- generalizations
- labeling
- emotional reasoning

 **5. Self-harming behaviors (obvious or hidden):**

- scratching
- cutting
- burning
- hair pulling
- risk-taking (speeding, extreme sports, etc.)

 **6. Do you experience disorganized (problematic) attachment patterns?**

- inability to tolerate ambivalence towards perpetrator, even after the trauma is over
- inability to tolerate ambivalence toward other trusted figures who failed to rescue or who denied your trauma
- inability to tolerate ambivalence towards significant persons in daily life

Inability to "let go" of:

- thoughts
- ideas
- plans
- objects
- memories
- losses

Difficulty maintaining healthy relationships:

- avoid relationships altogether
- avoid close relationships
- avoid situations that may lead to closeness
- protective, hurting others in anticipation of being hurt
- have intense but brief relationships
- remain attached in unhealthy relationships
- difficulty ending unhealthy relationships
- perception distortions in relationship (ie. unwarranted sense that someone is angry, rejecting, or displeased with you)
- rushing into intimate relationship without taking time to establish trust or starting new relationship before ending current relationship



7. Do you feel intense self-blame, shame or feelings of unworthiness, or that your life is ruined?

- disproportionate sense of responsibility for original trauma
- irrational/illogical sense of responsibility for events in the present

Beliefs that you are:

- bad
- a failure
- unlovable
- a loser
- damaged goods
- insignificant
- a target for God's wrath
- provoke others to treat you badly (or find that others "always" treat you badly)



8. Are you stuck in the Victim/Rescuer/Perpetrator Triangle?

- tendency to seek out relationships with abusive people
- provoke harm from others rather than waiting for it to happen
- perceive abuse that confirms your belief that you are unworthy or unlovable
- hurt others (other than what is appropriate for self-defense)
- aggressive towards others who are weak or vulnerable
- driven to help others, even if doing so harms you
- perform acts of generosity that are disproportionate to the nature of the relationship



9. Do you find yourself thinking about suicide?

- talk or ask about suicide
- wish you were dead
- have a plan to end your life
- have attempted to commit suicide in the past



10. Do you experience pathological dissociation?

- loss of long spaces of time where you cannot remember what you said or did
- seem to "switch" personalities, or become a different person, say or do things that are "not you"
- experience trances or sleepwalking
- have invisible childhood companions, hear voices, or have "too much noise" in your head
- inability to recall important information, typically of a stressful or traumatic nature
- confusion about your identity



11. Do you experience symptoms of Post Traumatic Stress Disorder?

- intrusive, unwanted, or inappropriate thoughts
- unwanted or disturbing images
- intolerable feelings or memories
- frequent nightmares



12. Do you have extensive or co-morbid/multiple diagnoses?

- mood disorders
- personality disorders
- dissociative disorders
- developmental disorders
- addiction
- mania, bi-polar



TRANSITIONAL

TREATMENT APPROACH:

- ▶ Healthy self esteem and self concepts
- ▶ How to expand your comfort zone without setting off the emergency alarm
- ▶ Working with difficult people
- ▶ How self-esteem impacts the physical and emotional body
- ▶ Appropriate responsibility
- ▶ Strategies for forgiveness and reconciliation
- ▶ spirituality and your sense of self in the world
- ▶ Finding purpose.



ACUTE

TREATMENT APPROACH:

- ▶ 7 domains susceptible to fear
- ▶ tools for overcoming and mastering panic
- ▶ a one-step move for stopping panic in its tracks
- ▶ techniques for breaking obsessions and compulsions designed to avoid panic
- ▶ ways to identify and express your feelings
- ▶ the long and the short way to deal with anxiety
- ▶ ways to rediscover your sense of worth.



CHRONIC

TREATMENT APPROACH:

- ▶ the anatomy of your Soul and how to restore it
- ▶ the role of your brain and body
- ▶ perception is king, and what you can do about it
- ▶ how trauma can reshape the personality and how you can reshape it
- ▶ your core skills, core needs, and the obstacles that stand in the way
- ▶ how to find your place of authenticity in the world.