



Your lifecycle and experiences



Mark with colored space the onset and duration of the abuse

The perpetrators:

- father
- mother
- brother
- sister
- aunt
- uncle
- neighbor boy
- neighbor girl
- other family member
- other known

Defense:

- told about it, sought someone I could trust
- running away
- I reported it anonymously

I was believed as a child:

- no
- yes
- partially

They took action:

- a medical/ police report has been made
- youth care / home / foster family
- no
- no, I was punished
- no, I had to be ashamed
- no, there was a threat
- became despondent and kept it to myself



Hospital admissions:

- 0 because of the abuse I (often) ended up in a hospital
- 0 they asked about abuse

Dissociative problems

- 0 I often do not know what I did
- 0 It happens sometimes that I find stuff and can not remember that I bought it
- 0 I have often forgotten what I did or how I got somewhere
- 0 I sometimes notice that I am going out of myself or my body
- 0 it feels like I am living in a haze
- 0 the environment seems unreal
- 0 it feels like something else has experienced it
- 0 I often feel unreal
- 0 It is as if I am looking at myself from the outside
- 0 I have holes in my memory
- 0 I do not know who I am, I am very variable, I have the feeling of being apart
- 0 I know something in me has experienced something, but it feels like I'm not
- 0 sometimes I do things that do not belong to me
- 0 others sometimes say that something has been done, which I can not imagine
- 0 Sometimes I say things that do not belong to me
- 0 "it talks in my head"

DID; Dissociative Identity Disorder

- 0 "it sometimes talks in my head and then I know vaguely that it's me"
- 0 My memories are supplemented
- 0 have very large gaps in my memories, mostly of early childhood
- 0 I don't know who I am, It seems like me or..., changeable
- 0 I am sometimes deeply desperate and then later it doesn't seem that way anymore, can't remember or imagine
- 0 Sometimes it is as if I see part of myself outside of myself
- 0 it does not rhyme
- 0 it feels so lost
- 0 feel misunderstood, hard to explain
- 0 people find me varying and difficult
- 0 experience things in such a way that it looks like it's not me
- 0 regularly lose things, do not know where and when
- 0 sometimes I can't remember what happened during a day, lost time.



Mood:

- 0 I find it difficult to get through the day
- 0 I sleep a lot, I feel fatigue
- 0 I see the future as negative
- 0 things go the way it does, I have no influence or say on that
- 0 I often feel despondent
- 0 Life does not make any sense to me
- 0 It feels like as if it is black inside me
- 0 I am often tired and want to sleep a lot

Eating problems:

- 0 if I am not feeling well, I start to eat and feel guilty afterwards
- 0 when I eat it is as if it can not stop and I am not aware
- 0 after eating I secretly put a finger in the throat
- 0 I use laxatives because I want to lose weight
- 0 I am too fat and find myself ugly, losing weight is the only way
- 0 I am underweight and yet I think I am fat and ugly

Complex PTSD

- 0 I often have sudden images or feelings
- 0 I have nightmares
- 0 I often have sudden feelings of fear, anger, panic etc.
- 0 I sleep poorly and I am often anxious
- 0 I feel exhausted
- 0 I can just get angry or suddenly startle
- 0 I am on my guard
- 0 I am not myself, feel unstable, tired
- 0 my thoughts go unconsciously back then
- 0 I avoid thinking about then
- 0 I avoid the environment where it happened
- 0 minor things can make me suddenly angry or upset

Complex PTSD with psychosis

- 0 sometimes I am anxious / confused, hear voices of the perpetrators in my head
- 0 usually takes a few hours
- 0 then I feel just like when it happened, in panic, anxious, I do not know what to do
- 0 I am often afraid that it will happen again
- 0 voices are abusive, hurtful
- 0 do not dare anymore, lie on bed



Emotion regulation:

- 0 I often deliberately do not think about what has happened to me
- 0 I am in my head, often do not know what I feel
- 0 I feel numb
- 0 I often seek distraction
- 0 when I feel bad I start drinking, blowing or using
- 0 when I feel helpless and rotten, I'm going to cut myself, do not know what to do with it 0
- I often avoid feelings of sadness, must be strong

Memory

- 0 I often forget things, it makes me worry
- 0 can hardly come up with a name or person
- 0 I often forget many things without a shopping list
- 0 afterwards I often do not know what happened during the day
- 0 people sometimes tell me "don't you know that ..."
- 0 Sometimes I do not recognize acquaintances on the street
- 0 can hardly read a book, forget what it was about
- 0 There are holes in my memory, whole parts seems to be gone

Cognition

- 0 I have learning difficulties
- 0 I have concentration problems
- 0 bad school performances
- 0 problems with thinking, lost in phrases
- 0 poor IQ test result
- 0 trouble to focus my attention on something, thoughts wander off

Self image

- 0 I am not worth anything
- 0 nobody cares about me
- 0 if I tell what I feel, then I am a nag
- 0 I am only good when I please others
- 0 I do not deserve love or care
- 0 I became like that because I did not do my best
- 0 if people really knew me, they do not like me
- 0 I do not tell others what is going on inside me, because that is not interesting or important 0
- I am ashamed of myself and my feelings, which I keep for myself



Complex) PTSD Foundation

Finally, give your GP or your care provider / therapist this completed form. These questions are not meant to replace a good diagnosis, but mean more to give you some clarity and it can help to indicate what you are doing and what help you need.