The Effect of Trauma on Emotions
Session 2 Handout

Which of These Are True for You?

☐ Difficulty knowing what you feel  ☐ Feel that emotions control you

☐ Difficulty labeling or naming your feelings  ☐ Feel numb

☐ Difficulty expressing or talking about feelings  ☐ Think that feelings make you vulnerable

☐ Get easily overwhelmed by your feelings (positive or negative)  ☐ Feel angry at others when you feel vulnerable

☐ Fear of emotions; think of having feelings as unsafe  ☐ Can’t expressing feelings to others

☐ Try to avoid or get rid of feelings  ☐ Feel angry at yourself when you have feelings

☐ Difficulty coping in healthy ways  ☐ Others?

Created 5/10/2012