

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?

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