

Complex PTSD Quiz

Excerpt From

It's Not About Food, Drugs, or Alcohol: It's About Healing Complex PTSD

by Mary Giuliani

Adult Symptoms of Childhood Trauma

Since childhood trauma symptoms fall on a spectrum from subtle to overt, I have included the following Complex PTSD quiz.

The below 13 questions can help you determine if you've experienced some of the more common symptoms of dysregulation associated with early trauma.

1. Do you have trouble regulating intense emotions, having outbursts of sadness or anger when it doesn't seem appropriate?
2. Have you struggled with depression, anxiety, or other mental health problems?
3. Does a crippling feeling of fear sometimes hold you back from expressing yourself, taking action, or being your real self?
4. Do your relationships have an unusually high amount of arguing, or is there violence?
5. Does the fear of abandonment or of being alone cause you to stay in negative relationships?
6. Do you get clumsy at random times, tripping over things or dropping things?
7. Do you have trouble staying present or feel physically numb when you try to talk about your feelings?
8. Have you found yourself saying yes to sex, even when you knew it was dangerous, hurtful to yourself or others, or likely to lead to an STD or unwanted pregnancy?
9. Do you smoke cigarettes, vape, or use food, alcohol, or drugs in an addictive way?
10. Do you feel that no matter how much a partner or friend tries to be there for you, you feel alone, unloved, or unheard?
11. After a big emotional upset, do you sometimes feel nothing?
12. Do you find people so triggering that you avoid social situations?
13. Do you have unexplained health problems that seem to have no clear cause?

Source of Quiz Questions: Anna Runkle

How To Interpret Your Results

If you answered yes to one or more of these questions, you might be suffering from C-PTSD. The good news is that C-PTSD is treatable, and you can heal. It's also important to remember that you're not alone, you're not bad or defective, and your symptoms are normal.

I share everything I've learned about the nature of C-PTSD and what the most effective therapies and practices are to experience sustainable healing and recovery from struggles with food, weight, and substances in my book:

[It's Not About Food, Drugs, or Alcohol: It's About Healing Complex PTSD](#)

To help you stay focused and on track with your healing and recovery, I also include a compassionate *CPTSD Workbook* and a *Recovery Guide* to support you in ending your struggle with food, weight, alcohol, drugs, or relationships in my book ([amazon link](#)).

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