

## Children Of Pain Assessment Questions - 06/28/21 - ChildrenOfPain.com

note: questions 1-100 are based upon the Adult Survivors of Child Abuse Journal Questions from Survivor To Thrive; ©1995 The Morris Center

### Physical Abuse

1. Were you repeatedly hit or slapped?
2. Were you repeatedly punched, kicked or thrown against the wall?
3. Were objects thrown at you?
4. Were you forced into painful physical positions?
5. Were you locked into an enclosed space for long periods of time?

### Sexual Abuse

6. Did anyone expose their private body parts to you?
7. Did anyone have sexual contact with you?
8. Were you ever shown sexual pictures or films?
9. Were you ever photographed partially or fully naked?
10. Were you talked to in provocative or sexual ways?
11. Did your abusers say insulting, lewd, or demeaning things about you or your body?

### Emotional Abuse

12. Were you told you were stupid or ugly?
13. Were you involved in illegal activity?
14. Were you prevented from having friends?
15. Were you denied medical care?
16. Did others ignore you, refuse to speak to you, or listen to you?
17. Were you left alone for extended periods of time?
18. Were you forced to stay home from school to take care of your siblings?
19. Did others threaten to leave you, harm you, or kill you if you did not do what they said?
20. Did others tell you that you would grow up to be a bad person?
21. Did others sabotage your success at school, sports, work or in with friends?

### Relationship Problems

22. Do you find it hard to maintain close relationships?
23. Do your relationships tend to end badly?
24. Do you choose friends or lovers because they are similar to, or different from, your abusers?
25. Do you find it difficult to give and receive affection?
26. Do you cling to others?
27. Do you distance yourself from others?
28. Do you test others' loyalty to you?
29. Do you expect to be left or rejected?
30. Do you get anxious or scared when someone gets too close?
31. Do you often feel used or taken advantage of?

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### Self-Esteem

32. Do you feel unable to stand up for yourself?
33. Do you feel stigmatized or tainted by your childhood?
34. Are you constantly critical of yourself?
35. Do you wish you were someone else?
36. Is it difficult to feel good about yourself?
37. Is it hard to feel successful, worthwhile, or of value?
38. Do you believe others are better than you?
39. Do you compare yourself to people you think are better than you?
40. Are other people's needs more important than yours?
41. Do you feel bad, unworthy, ashamed or dirty?
42. Are you confused by your own feels?
43. Do you need to periodically withdraw from the world?
44. Do you feel that others may not accept or like you?
45. Do you feel your are worse than other people?

### Self-Sabotage

46. Do you have frequent accidents or injuries?
47. Do you undermine yourself in relationships?
48. Do you undermine yourself at work?
49. Do you often lose things such as keys, money or credit cards?
50. Do you make decisions without thinking?
51. Have you ever thought about or attempted suicide?
52. Do you often engage in dangerous behavior?
53. Do you ever put yourself in life-threatening situations?
54. Do you ever purposely harm yourself?
55. Do you ever feel you are your own worst enemy?

### Sexual Problems

56. Is it hard to say no to sex?
57. Do you use sex to avoid intimacy?
58. Is your sexual arousal dependent upon violent fantasies?
59. Do you often feel dirty during or after sex?
60. Have you ever been sexually abusive to another person?
61. Do you need to control sex in order for it to feel safe?
62. Do you ever have flashbacks of your abuse during sex?
63. Do you ever experience numbness, cold or pain during sex?
64. Do you avoid sex completely?
65. Do you engage in promiscuous sex?
66. Do you frequently have problems with erections or orgasms?

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### Symptoms of Trauma

67. Do you have overwhelming anxiety?
68. Do you have trouble concentrating or remembering?
69. Do you have overwhelming grief or terror?
70. Do you often feel agitated?
71. Do you have frequent panic attacks?
72. Do you have trouble sleeping?
73. Do you have sudden flashbacks about being abused?
74. Do you sometimes feel like you are somebody else?
75. Do you have partial amnesia or blackouts?
76. Do you fantasize a lot or feel disconnected from your body?

### Physical Ailments

77. Do you have frequent health-related absences from work?
78. Do you have constant worries about your health?
79. Do you have frequent changes in your weight?
80. Do you have frequent fatigue and body aches?
81. Do you have negative attitudes about your body?
82. Do you have a history of stomachaches or headaches?
83. Do you have an eating disorder?
84. Do you sometimes lose control of you bodily functions?
85. Do you have frequent infections?

### Social Alienation

86. Do you feel misunderstood, blamed or ignored by others?
87. Are you afraid of conflict?
88. Do you feel uncomfortable in groups?
89. Do you mistrust your judgment in social settings?
90. Do you feel your experience of life is different from others?
91. Do you feel tongue-tied, nervous or self-conscious?
92. Do you try to avoid social situations?

### Handling Feelings

93. Do you have difficulty expressing your feelings?
94. Do powerful feelings trigger eating, drinking, or drug use?
95. Do strong feelings leave you disconnected, numb or afraid?
96. Do you ignore your feelings and refuse to pay attention to them?
97. Have you ever lost control of your anger and abused someone?
98. Do you have strong feelings that overwhelm you?
99. Are you inclined to feel angry or depressed?
100. Do strong feelings cause major changes in your personality?

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### Step 1 - Recognize

101. Are you a child of pain?
102. Were you abused?
103. Were you neglected?
104. Did you feel unloved?
105. Did others hurt you?
106. Did others say things that made you feel bad?
107. Did anyone know you were being abused?
108. Did anyone protect you?
109. Are you still being abused?

### Step 2 - Reach

110. Do you go to AA, NA or other 12 step meetings?
111. Do you go to counseling?
112. Do you read self-help books?
113. Did you ask for help?
114. Did you tell anyone about the abuse?
115. Did you tell anyone how you felt?
116. Did you explore different recovery pathways?
117. Did anyone acknowledge that you were abused?
118. Did anyone deny that you were abused?

### Step 3 - Remember

119. Do you have clear memories of the abuse?
120. Do you have confusing memories of the abuse?
121. Are you uncertain about what happened?
122. Do you feel uncomfortable around specific people?
123. Do you feel uncomfortable in certain places?
124. Do you feel uncomfortable doing particular activities?
125. Have you written down what you do remember?
126. Has anyone helped you to remember?
127. Do you know who your abusers were?

### Step 4 - Reclaim

128. Have you identified abuse-related problems in your life?
129. Have you resolved abuse-related problems in your life?
130. Are you comfortable with your recovery process?
131. What helps you to live in the present with your past?
132. Do you feel you have more work to do?
133. What abuse-related issues are you working on today?