

Do you prefer to recharge your batteries by being alone rather than with other people?	Yes	No
Did you need glasses at an early age?	Yes	No
Do you suffer from environmental sensitivities or multiple allergies?	Yes	No
Do you have migraines, chronic fatigue syndrome, irritable bowel syndrome, or fibromyalgia?	Yes	No
Did you experience prenatal trauma such as intrauterine surgeries, prematurity with incubation, or traumatic events during gestation?	Yes	No
Were there complications at your birth?	Yes	No
Have you had problems maintaining relationships?	Yes	No
Were you adopted?	Yes	No
Do you have difficulty knowing what you are feeling?	Yes	No
Would others describe you as more intellectual than emotional?	Yes	No
Do you have disdain for people who are emotional?	Yes	No
Are you particularly sensitive to cold?	Yes	No
Do you often have the feeling that life is overwhelming and you don't have the energy to deal with it?	Yes	No
Do you prefer working in situations that require theoretical or mechanical skills rather than people skills?	Yes	No
Are you troubled by the persistent feeling that you don't belong?	Yes	No
Are you always looking for the why of things?	Yes	No
Are you uncomfortable in groups or social situations?	Yes	No
Does the world seem like a dangerous place to you?	Yes	No

Table 1: Recognizing factors and symptoms of early trauma

From **Working with the Capacity for Connection in Healing Developmental Trauma**
by Aline LaPierre, PsyD and Laurence Heller, PhD

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