

# Traumatic Events Chart

Event	Emotional Issues	Relational Issues	Spiritual Issues
<p><u>Physical Abuse</u> Harsh "discipline", slaps, beatings, punches, other causing physical pain or damage.</p>	Shame, Rage, Guilt, Fear, Hurt, Depression	Repeat with children or spouse; addictions; attracted to abusive men.	Distorted God Image, Low self-esteem, Anger at God.
<p><u>Verbal Abuse</u> Yelling, name calling, cursing, berating, sarcasm, shaming.</p>	Shame, Anger, Guilt, Hurt, Depression	Projection, ditto above.	Low self-esteem, Distorted God Image.
<p><u>Sexual Abuse</u> Forced exposure of child to pornography, genitals, sexual touching, french kissing, enemas, intercourse, oral sex, sodomy, masturbation.</p>	Shame, Anger, Guilt, Fear, Grief, *PTSD, Hurt, Personality Changes, Victimization, Depression, Crying Spells, Insomnia.	Distrust, intimacy problems, sexual problems, flashbacks, hatred of men, addictions, repetitive abusive relationships.	Generational Curse, Distorted God Image, Anger at God, Forgiveness of abuser an issue.
<p><u>Satanic Ritual Abuse</u> Forced sexual participation in religious activities; sex with chants or incantations.</p>	Multiple Personality Disorder, ditto above.	Same as above.	Generational Curse, Distorted God Image.
<p><u>Rape</u> Forced or coerced sexual intercourse against your consent; sodomy.</p>	Shame, Anger, Guilt, Fear, Depression, *PTSD, Hurt, Victimization, Insomnia, Crying Spells.	Distrust, flashbacks, sexual problems, hatred of men, addictions, suicidal ideation.	Distorted God Image, Anger at God, Forgiveness of rapist a problem.
<p><u>Abortion</u> Forced, consensual, or medically-advised deliberate termination of pregnancy.</p>	Guilt, Grief, Shame, Fear, Depression, *PTSD, Victimization, Insomnia, Crying Spells.	Self-hatred, hatred of men, sexual problems, atonement pregnancies, distrust, multiple poor relationships, addictions, suicidal ideation.	Fear of God, Generational Curse, Forgiveness of Self & others a problem.
<p><u>Neglect/Abandonment</u> Parental disengagement from child emotionally or physically; adoptions.</p>	Shame, Anger, Guilt, Anxiety, Depression.	Trouble bonding, lonely, insecurity, possessiveness.	Distorted God Image.

## \*PTSD - Posttraumatic Stress Disorder - General Criteria per DSM-IV

- A. Person witnessed or experienced a traumatic event outside the range of ordinary human experience involving intense fear, helplessness, or horror.
- B. The event is re-experienced through at least one of these intrusions: nightmares, dreams, flashbacks, triggers, or cues.
- C. Avoidance or numbing behaviors (three or more) plague the victim: avoiding feelings, thoughts or conversations, activities, places, or people that remind one of the trauma; memory loss about trauma; markedly diminished interest in formerly enjoyed activities; feeling detached or estranged from others; restricted expression of emotions; sense of shortened future.
- D. Persistent symptoms of increased arousal (two or more): difficulty falling or staying asleep; angry outbursts; difficulty concentrating; hypervigilance; exaggerated startle response.
- E. Symptoms in B, C, & D last more than one month.
- F. The symptoms cause significant distress or impairment in social, occupational, or other areas of life functioning.
- Acute PTSD: Symptoms last less than 3 months. Chronic PTSD: Symptoms last more than 3 months.
- Delayed Onset: Symptoms appear more than 6 months after traumatic event occurred.

*Diagnostic and Statistical Manual of Mental Disorders, 4th ed., Washington, DC, American Psychiatric Assn., 1994.*