

SYMPTOMS OF AN ADULT TRAUMA SURVIVOR

1. AEDECDRES ELFS TWOHR _____
2. WOL SFEL SETEME _____
3. ORPO HTHELA _____
4. SFEL LAMEB _____
5. ICVLSEEET SUMIMT _____
6. CRNCHOI HSAME _____
7. TULIG _____
8. BCSEANTSU SUEBA _____
9. AEHSM _____
10. AIENTYX NDA SEIODPNRES _____
11. CXIOT SHSOAELPNIITR _____
12. IATENOLMO EUYSATNGIODRL _____
13. PROO UJNEEMGTD _____
14. XTCOI SHAEM _____
15. CLSHYIPA UEASB _____
16. MTIAEOONL AEUSB _____
17. XEASUL UBSAE _____
18. PEOPEL LESSAPRE _____
19. IILTAOANDV _____
20. TSOIILONA _____
21. CHONRCI ASEMh _____
22. YSIKR HIRBAOEV _____

Word Bank

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|------------------------|-------------------------|----------------------|---------------------|
| guilt | physical abuse | substance abuse | shame |
| sexual abuse | chronic shame | poor health | toxic shame |
| poor judgement | emotional dysregulation | decreased self worth | isolation |
| self blame | low self esteem | people pleasers | selective mutism |
| chronic shame | emotional abuse | risky behavior | toxic relationships |
| anxiety and depression | validation | | |