



SELF DISCOVERY CHART

The following is a chart to assist in self-discovery. The conditions listed are common among survivors of abuse. Some individuals have blocked the memories but the indications of abuse whether as a child or as an adult are still there and many times, we may not understand why we react the way we do. Check what applied to you:

- Addictions of any type –alcohol, cigarettes, drugs and/or food
- A need to control others, particularly those close to you
- Attracted to either abusive or abnormally withdrawn partners
- Avoiding challenges
- Extreme or lack of interest towards sex
- Fear of being controlled and/or feeling your freedom is being controlled
- Fear of intimacy
- Fear of letting people get close to you
- Fear that you are predisposed to being destructive and that this may become uncontrollable
- Feeling ashamed
- Feelings of being incapable of feelings or expressing affection
- Feeling that other do not like you
- Feeling guilty particularly for not living up to the expectations of others or yourself
- Feeling intimidated by sexual partners
- Feeling unworthy
- Hiding your real feelings
- Not expressing your personal needs
- Issues with authority figures
- Never been able to maintain lasting relationships with friends, spouses and/or others
- Perfectionist
- Self-blame for the abusive behavior of others
- Shame
- Sudden outbursts of anger and/or aggressive impulses, explainable or not explainable
- Unrealistic expectations of others