



Signs It's Too Early To Date Checklist© 2009

- 1. I did not get trauma treatment (90% have trauma symptoms, 75% have a trauma disorder, 100% have atypical trauma).
- 2. If had childhood trauma, I did not get/complete trauma treatment for it specifically.
- 3. If I am/have been treated for trauma, I notice I still have trauma symptoms.
- 4. I still have fight/flight/freeze/feign/fawn symptoms.
- 5. I still dissociate, am emotionally numb, or avoid people, places, and things.
- 6. I am not consistently able to regulate my emotions.
- 7. I am not consistently able to regulate my mind (intrusive thoughts, ruminations, cognitive dissonance).
- 8. I am still experiencing intrusive thoughts (cognitive dissonance) about the positive experiences.
- 9. I am still frequently triggered.
- 10. I feel hypervigilant and that most people are likely disordered.
- 11. I still experience craving and longing for my prior relationships.
- 12. I have relapsed in contact over the last year.
- 13. I still have reconnaissance behavior (checking their social media, drive bys, asking questions, etc.).
- 14. I am lonely.
- 15. I feel agitated more than I feel calm.
- 16. I still have brain fog.
- 17. I don't like being alone.
- 18. I haven't resumed my 'pre' life—hobbies, interests, career, friendships.
- 19. I have not been taught trauma reduction skills.
- 20. My cognitive dissonance has not greatly reduced—I still have comparing/contrasting thinking about my ex.
- 21. I still see the world through my trauma.
- 22. I still discuss my prior relationships on social media.
- 23. I still need a lot of social media support and validation.
- 24. I still feel like a walking target.
- 25. I don't know the difference between monitoring with vigilance and hyper-vigilance.
- 26. I have difficulty establishing and maintaining boundaries.
- 27. My personality still causes me problems in self-protection.
- 28. I have difficulty not talking about my trauma or prior relationships.

___ 29. My children have not been treated for what they too have experienced.

___ 30. I have reduced the gap between getting a red flag and immediate action.