

# Do You Have a Trauma Personality Type?

Recognizing a chronic trauma response can be the first step toward healing. This quiz will help you assess whether you frequently experience the fight, flight, freeze or fawn trauma response and how it may be affecting your life. Answer each question honestly.

**Instructions:** For each question, select the option that best reflects your experience.

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## 1. When faced with stress or conflict, I tend to:

- ☐ A) Avoid the situation, change the subject, or leave.
- ☐ B) Feel numb, disconnected, or unable to respond.
- ☐ C) Try to please others or keep the peace.
- ☐ D) React with anger, frustration, or defensiveness.
- ☐ E) None of the above.

## 2. Do you struggle with feelings of dissociation or a sense of being detached from your body or surroundings?

- ☐ A) Yes, frequently.
- ☐ B) No, I stay very engaged, often feeling hyper-alert or defensive.
- ☐ C) I tend to focus more on others than myself.
- ☐ D) Occasionally, especially when I feel overwhelmed.
- ☐ E) None of the above.

## 3. How do you handle decision-making under pressure?

- ☐ A) I defer to others to make the decision for me.
- ☐ B) I freeze up and struggle to make a decision.
- ☐ C) I put off making a decision or avoid the situation.
- ☐ D) I make quick, sometimes impulsive decisions, often feeling a strong need to take control.
- ☐ E) None of the above.

## 4. Do you often feel chronically exhausted, unmotivated, or like you lack energy?

- ☐ A) No, I usually feel driven to act, sometimes forcefully.
- ☐ B) I often feel exhausted, but I push through to meet others' needs.
- ☐ C) Sometimes, but I tend to keep myself busy.
- ☐ D) Yes, almost all the time.
- ☐ E) None of the above.

## 5. Have you ever felt paralyzed by fear or unable to respond in high-stress situations?

- ☐ A) No, I react strongly and take control, often feeling an urge to confront the problem head-on.
- ☐ B) Sometimes, but I usually find a way to avoid it.
- ☐ C) Yes, frequently.
- ☐ D) No, I usually focus on making things easier for others.
- ☐ E) None of the above.

**6. Do you have a history of procrastination or avoiding tasks even when they feel important?**

- A) No, I take action immediately, sometimes pushing through with aggression.
- B) I delay my own tasks to prioritize others' needs.
- C) Sometimes, but I distract myself with other activities.
- D) Yes, I often feel stuck and unable to start.
- E) None of the above.

**7. Do you feel like you struggle with setting or maintaining boundaries?**

- A) Yes, I have trouble asserting myself and tend to shut down.
- B) No, I assert myself clearly, sometimes forcefully, and may become defensive if challenged.
- C) I often put others' needs before my own, even when it hurts me.
- D) I avoid situations where I need to set boundaries.
- E) None of the above.

**8. Do you experience frequent brain fog, forgetfulness, or difficulty concentrating?**

- A) Yes, almost daily.
- B) No, I stay sharp under pressure and may become highly focused, sometimes to the point of over-control.
- C) Yes, but I manage by focusing on others' needs.
- D) Sometimes, but I tend to overwork myself.
- E) None of the above.

**9. Do you frequently experience chronic pain, migraines, or muscle tension with no clear medical explanation?**

- A) I notice pain, but I tend to push through it or ignore it. *(Linked to autoimmune disorders, chronic fatigue)*
- B) Yes, I often have unexplained pain and stiffness. *(Linked to fibromyalgia, chronic fatigue)*
- C) Sometimes, especially when I feel stressed or overwhelmed. *(Linked to digestive issues, IBS)*
- D) No, but I tend to feel tension in my body, especially in my jaw, shoulders, or fists. *(Linked to high blood pressure, tension headaches)*
- E) None of the above.

**10. Have you struggled with digestive issues such as IBS, nausea, or appetite changes?**

- A) No, but I sometimes feel nausea or acid reflux when upset. *(Linked to ulcers, acid reflux)*
- B) I tend to eat based on others' needs rather than hunger cues. *(Linked to disordered eating patterns)*
- C) Yes, I frequently experience digestive discomfort or irregular appetite. *(Linked to slowed digestion, gut-brain disconnect)*
- D) I get stomachaches or diarrhea when anxious. *(Linked to IBS, stress-induced digestive issues)*
- E) None of the above.

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## Scoring & Results

- **Mostly A's** → You may lean toward a **fight response**, reacting with action, defensiveness, or control when triggered.

- **Mostly B's** → You may have a **freeze response** from stored trauma. Your nervous system might default to shutting down in stressful situations, leaving you feeling stuck, numb, or detached.
  - **Mostly C's** → You might experience a **fawn response**, prioritizing others' needs to cope with discomfort.
  - **Mostly D's** → You may lean toward a **flight response**, seeking escape or avoidance when faced with stress.
  - **Mostly E's** → You may not strongly identify with any single trauma response. This could mean that your coping mechanisms vary widely, or that your responses to stress are more situational rather than habitual. It may also indicate that you are able to handle stress in a more adaptable and healthy way.
  - **Mixed Answers** → You could have a **combination of trauma responses**. Recognizing your patterns can help guide healing strategies.
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This update adds a fifth option, "None of the above," and includes an explanation in the scoring section. Let me know if you need further refinements!

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## Disclaimer

This quiz is for informational purposes only and is not a substitute for professional medical, psychological, or therapeutic advice. If you are experiencing significant distress, please consult a licensed healthcare provider for personalized guidance.

## Sources & Further Reading

- Levine, P. A. (2010). *In an Unspoken Voice: How the Body Releases Trauma and Restores Goodness*. North Atlantic Books.
- Porges, S. W. (2011). *The Polyvagal Theory: Neurophysiological Foundations of Emotions, Attachment, Communication, and Self-Regulation*. W. W. Norton & Company.
- Van der Kolk, B. (2014). *The Body Keeps the Score: Brain, Mind, and Body in the Healing of Trauma*. Viking Press.
- Schauer, M., & Elbert, T. (2010). *Dissociation Following Traumatic Stress: Etiology and Treatment*. Journal of Psychological Trauma.