

# **The Signs of Unresolved Trauma**

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- **Suicidal ideation.**
- **A pattern of out-of-control and self-injurious behavior.**
- **Staying stuck in the victim or perpetrator roles.**
- **Inability to tolerate feelings or conflicts.**
- **Disorganized attachment patterns.**
- **Intense self-blame and feeling unworthy.**
- **Extensive comorbidity/multiple diagnosis.**
- **Black and white thinking and other cognitive distortions.**
- **Intrusive thoughts, images, feelings and nightmares.**
- **Pathological dissociation**