



Red Flag Indicators of Trauma History

- ✓ Long Lasting Drug-Alcohol Problem
- ✓ Involved in Intimate Partner Violent Relationships
 - ✓ Frequent Outbursts of Rage
 - ✓ Self-mutilate/Cutting
 - ✓ Self-destructive Behaviors
 - ✓ Eating Disorders
- ✓Voices/Messages – Telling Her How *Horrible* She Is...
- ✓ Sabotage Housing/Life and/or Relationships
 - ✓ Crisis as Progress Is Being Made
- ✓ Labeled as Borderline Personality Disorder
- ✓ Gaps in Memory or History of Own Life

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