

## PTSD in Relationship

If you have been raised by or have lived with someone with PTSD, you can have some or all of the following:

1. Chronic self-blame; the feeling of walking on eggshells
2. Fear of your own needs; fear of having an impact or “ruffling feathers”
3. Insecure Attachment: Anxious = chase after connection; Avoidant = hold people at arm’s length
4. Choosing a partner who is similar to a parent or caregiver
5. Distrust of or buried needs (basic natural needs like safety, satisfaction, and connection); trying not to be a burden. This can eventually lead to a “need panic”, e.g., wanting more connection NOW.
6. Fierce independence and pushing needs away. Not asking for or easily receiving/trusting help from others.
7. Becoming a “parentified” child: attending to others’ needs so they can be better
8. Highly sensitive or projecting your weaknesses onto someone else
9. Distrusting/disallowing pleasant body sensations
10. Developing PTSD (includes intrusive thoughts, avoidance of or triggered by events which feel familiar, nightmares, insomnia, anxiety, depression, pain, and gastro-intestinal distress)