

## **12 Step Descriptions of Individual Barriers to Steps 2 and 3 (from AA's Twelve Steps & Twelve Traditions)**

The Belligerent One who Won't Believe

The One who has Lost Faith, feels betrayed and "can't" believe

The Belief without Faith One who feels God won't help me

The Self-Sufficient One who has knowledge and doesn't feel the need for faith

The Disgusted One who sees all the faults in the people who practice "so-called" Faith

The Defiant One who says, "What did God ever do for me?"

The Religious One who has practice, but lacks depth

## **Post Trauma Stress Index (PTSI) (from Patrick Carnes/ David L. Delmonico)**

Trauma Blocking—numbing, blocking out overwhelming feelings

Trauma Repetition—repeating patterns that parallel early trauma experience

Trauma Reactivity—current reactions to past trauma sensations

Trauma Bonding—connecting to people who are dangerous, shaming, or exploitative

Trauma Shame—feeling unworthy & having self-hate because of trauma

Trauma Pleasure—finding pleasure in extreme danger, violence, risk or shame

Trauma Splitting—ignoring trauma realities by dissociating/splitting off parts of self

Trauma Abstinence—deprives self of needed/deserved things b/c of trauma

