• May interpret neutral behavior of others as threatening

• Emotional regulation difficulties
  • Can’t access full range of emotions
  • Difficulty regulating intensity
    ■ Underregulation
      • Intense alarm, shame responses
      • Tension reduction behaviors: ways of reducing abuse-related stress
        ○ Indiscriminate sexual behaviors, binging & purging, self-harm, aggression, suicidality
        ○ Dissociation and substance use common
    ■ Overcontrol and inhibition
      • Avoidance coping strategy
      • Alexithymia prevents use of feelings to influence action
      • Perpetuates PTSD symptoms and hurts recovery efforts
        ○ Difficulty expressing feelings and needs

• Sexual Development & Sexuality
  • Sexual avoidance or promiscuity (overall dysfunction)
  • Shame (body shame)
  • Vulnerable to revictimization

• Borderline Personality Disorder
  • Type II trauma effects and BPD have very similar symptoms
    ■ Instability in interpersonal relationships, self-image, affect
  • BPD
    ■ Often associated w/ severe & extended childhood trauma or neglect, especially sexual abuse