



Some terms for mental, emotional, and spiritual trauma that may be experienced by children and adults (table by Charles L. Whitfield, M.D.)

Abandonment	
Neglect	
Abuse: Physical - spanking, beating, torture, sexual etc.	
Mental	
Emotional	
Spiritual	
Shaming	Limiting
Humiliating	Withdrawing/withholding love
Degrading	Not taking seriously
Inflicting guilt	Discrediting
Disgracing	Invalidating
Laughing at	Misleading
Manipulating	Disapproving
Tricking	Making light of or minimising your feelings, wants or needs
Deceiving	Breaking promises
Betraying	Raising hopes falsely
Hurting	Responding consistently
Belittling	Stifling
Intimidating	Saying "you shouldn't...feel such & such, e.g., anger"
Patronising	Saying "if only...e.g., you wee better or different" or "you should...e., be better or different"
Threatening	
Inflicting fear	
Overpowering or bullying	
Controlling	



Some Traits of dysfunctional families:

Neglectful	Mistreating	unpredictable
inconsistent	arbitrary	denying
Having one or more secrets	Dis-allowing feelings	Dis-allowing other needs
Rigid	Chaotic at times	Functional and quiet at times

Negative rules and messages commonly found within dysfunctional families (table by Charles L. Whitfield, M.D.)

Negative Rules	Negative Messages
Don't express your feelings	Shame on you
Don't get angry	You're not good enough
Don't get upset	I wish I'd never had you
Don't cry	Your needs are not all right with me
Do as I say, not as I do	Hurry up and grow up
Be good, "nice", perfect	Be a man
Avoid conflict (or avoid dealing with conflict)	Big boys don't cry
Don't think or talk, just follow	Act like a nice girl (or boy)
Do well in school, no matter what	You don't feel that way
Don't betray the family	Don't be like that
Don't ask questions	I'm sacrificing myself for you

(add in your own negative rules and messages that you have experienced)