



RELATIONAL TRAUMA RESPONSE INVENTORY (RTRI)

<i>In the past 2 weeks:</i>	Never	Sometimes	Often	Constantly
I am in a state of confusion because I never thought my spouse would do something like this.				
I have lost interest in things I used to enjoy.				
I feel embarrassed.				
I find myself questioning what is real and what is fake when looking back on our relationship.				
I am obsessed with my spouse's whereabouts and activities throughout the day.				
I do not feel emotionally safe in my relationship.				
I don't know the person I'm married to.				
I find myself questioning people's motives in my other close relationships.				
I obsess over wondering if I have all of the facts/information about my spouse's behaviors, motives, and emotional experiences during the betrayal.				
I feel like I am expecting "the other shoe to drop."				
I find myself questioning if I can ever trust again.				
I question my ability to see things clearly.				
I go back and forth between being angry at my spouse and wanting assurances.				
I am eating/sleeping less than or more than usual.				
I find myself struggling to take care of daily responsibilities.				

<i>In the past 2 weeks:</i>	Never	Sometimes	Often	Constantly
I am consumed with thoughts, questions, and images regarding the betrayal that I can't stop.				
I feel like everything I've been living is a lie.				
I feel like I am reliving the moment of disclosure/discovery over and over again.				
People, places, and things that were once "neutral" now send me into an emotional rollercoaster because they remind me of my spouse's betrayal.				
I have disturbing memories, thoughts/images, and/or dreams pertaining to the betrayal.				
My thoughts about my marriage/my feelings for my spouse change.				
I try to avoid thinking about or talking about the betrayal(s) to avoid having the negative feelings.				
I have felt emotionally distant and/or numb.				
I find myself having a shorter fuse than usual and/or have had angry outbursts which are out of my character.				
I find myself feeling "on-guard"/extra alert.				
I feel I can't trust myself or my feelings anymore.				
I feel like isolating and withdrawing from those close to me.				
I feel like I am "going through the motions" just to get through the day.				
I feel like I can't trust that I will make right decisions.				
I feel like a "fool" and/or like I've been "played".				

RTRI (Affair Specific Questions)

1. *I found out about the infidelity as follows:*
 - a. My spouse confessed
 - b. I discovered the infidelity on my own due to my own detective work
 - c. I discovered the infidelity on my own or an outside person informed me, abruptly, and without warning

2. *The nature of the infidelity was as follows:*
 - a. A one-night stand with a stranger
 - b. A one-night stand with someone I knew or repeated pornography use with no personal engagement.
 - c. Multiple sexual encounters with multiple partners, repeated pornography use with personal engagement (i.e., chatrooms, video conferencing, etc...), or a long term affair

3. *The current status of the infidelity is as follows:*
 - a. I am 100% sure that it has been discontinued
 - b. I am worried that my spouse will re-engage in the behavior (s)
 - c. My spouse has not chosen to end their behaviors yet

4. *The extent of which my personal world/reality has been impacted is as follows:*
 - a. Although painful, my spouse's behaviors were not a complete surprise.
 - b. There has been a pattern of concerning behaviors/attitudes where I knew we might be at risk.
 - c. I feel a complete loss of the life I thought we were living. My spouse's behaviors were inconsistent with the character of the person I thought I knew.

5. *I feel my options are as follows:*
 - a. I have total freedom to stay in or leave the relationship.
 - b. While I have options, I am currently at a loss as to how to go about utilizing them.
 - c. I don't have any options. I feel stuck and believe I am fully dependent on my spouse.

RTRI SCORING

Add up:

- 0 points for every box marked “NEVER”
- 1 point for every box marked “SOMETIMES”
- 2 points for every box marked “OFTEN”
- 3 points for every box marked “CONSTANTLY”

For questions 1-5, give yourself 1 point for each (a), 2 points for each (b), and 3 points for each (c)

TOTAL = _____

5 or less = NO RELATIONAL TRAUMA RESPONSE SYMPTOMS PRESENT: If you scored 5 points or less, then no significant relational trauma symptoms are present and your everyday life is not being affected. This could mean that you did not interpret the event(s) as traumatic, you are a few years post relational trauma, or you are numb and not in touch with how deeply the situation has affected you.

6-40 = SOME RELATIONAL TRAUMA RESPONSE SYMPTOMS PRESENT: If you scored in this category then *some* RTR symptoms are present and they may or may not be affecting your everyday life. It could also indicate your awareness that there was a potential of harm within the relationship. People in this category are likely to be 8 to 18 months post the initial trauma; with no repeated trauma occurring. This could also indicate that you have done a significant amount of internal work and the initial trauma is healing.

41-80 = SIGNIFICANT RELATIONAL TRAUMA RESPONSE SYMPTOMS ARE PRESENT: If you scored in this category then you are experiencing *significant* RTR symptoms and they are affecting your everyday life. This could indicate that you are within the 12 months after the initial trauma discovery. It could also indicate that you have experienced repeated trauma which has not allowed you to move forward.

81-120 = SEVERE RELATIONAL TRAUMA RESPONSE SYMPTOMS ARE PRESENT: If you scored in this category then *severe* RTR symptoms are present and your everyday life is deeply impacted in all areas by the trauma. People in this category are usually within the first 3 months after the initial trauma occurred. If you are more than 3 months out, then usually it is because a trauma has re-occurred and/or you are “stuck”. Find a counselor who is knowledgeable about RTR and can walk you through these trauma reactions. Usually these symptoms lessen in intensity with time and therapeutic work...you will not stay here forever.