

Partner Betrayal Trauma Health Test

Experiencing partner betrayal trauma can have effects on your health and body. This test helps you assess the impact the partner betrayal trauma has on your health and body. These questions are meant to be answered after you found out about his betrayal. It does not matter if it occurred because of infidelity, sexual addiction, intimacy anorexia, or some other circumstance.

Find Out If Your Health Is Affected

Answer The Questions Below

Since finding out about your spouse's or significant other's betrayal, I have had more back pain?

- Yes
- No

Since finding out about your spouse's or significant other's betrayal, I have had more stomach issues?

- Yes
- No

Since finding out about your spouse's or significant other's betrayal, I have had more menstrual pain or issues?

- Yes
- No

Since finding out about your spouse's or significant other's betrayal, I have had more headaches?

- Yes
- No

Since finding out about your spouse's or significant other's betrayal, I have had more dizziness?

- Yes
- No

Since finding out about your spouse's or significant other's betrayal, I have had more nausea?

- Yes
- No

Since finding out about your spouse's or significant other's betrayal, I have had previous health issues flare up?

- Yes
- No

Since finding out about your spouse's or significant other's betrayal, I have had more hormone issues?

- Yes
- No

Since finding out about your spouse's or significant other's betrayal, I have had more stress related feelings or symptoms?

- Yes
- No

Score Your Test

If you have any of the above health symptoms, you may have had some health impact due to the partner betrayal trauma you have experienced.

Mark your answers on this test and cover your health concerns with a professional. Be active in addressing any and all health concerns you might have at this time. My experience is the quicker you address these health issues in your healing process, the better it is for you.

To learn more about partner betrayal trauma, get the [Partner Betrayal Trauma Book](#) and [Partner Betrayal Trauma DVD](#). Call us with any questions or to order the book at [719-278-3708](tel:719-278-3708) or email us at heart2heart@xc.org.