

Please read every item below and check the boxes which apply to you.

*You experienced this – and it still feels awful for you or causes you upset or disturbance.*

*You observed it happen to close others or learned about it happen to close others – and it still makes you feel awful or upset.*

*You experienced this – but it does not feel disturbing for you now.*

A


a fire, an accident or an explosion. At home or in a car or a plane, on a boat or at a factory or farm, an office or place of work, or other

B

some kind of natural disaster, like a flood, earthquake, storm, hurricane or avalanche

- C    an attack during which you were hit, kicked, beaten, stabbed, held at gunpoint or hurt in some other (non-sexual) way by someone who was known to you
- D    as above, but an attack by someone you did not know
- E    being in a war or some other combat situation – or a terrorist attack, or other disturbance such as a riot
- F    being taken hostage, part of human trafficking or being in prison, or being a prisoner of war
- G    experiencing torture, either physical or psychological, while in someone else's control
- H    some kind of serious, life-threatening illness
- I    when you were over 16, being physically or psychologically forced, persuaded or tricked into some kind of sexual action, against your will
- J    as above, but when you were under 16
- K    the traumatic death of another person
- L    experiencing displacement or migration from your home or country due to threats of death, actual death/s of family members or close friends, serious injury or sexual violation
- M    some other experience, not covered by the categories above (briefly describe the experience)

And now describe which experience bothers you most. If you checked any of the events, either in the left or the middle columns, write their code letters in the box below, in order of seriousness (worst first)




Pay specific attention to those events that still bother you and refer back to them as you work through the rest of the book.