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.

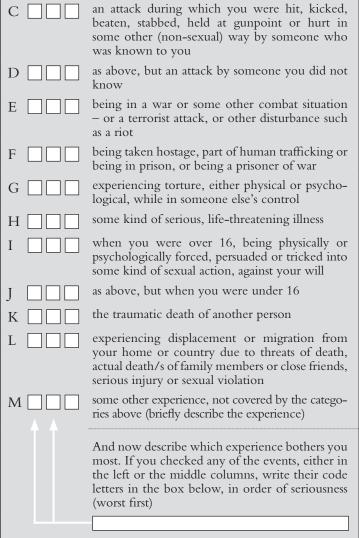
You observed it happen to close others or learned about it happen to close others – and it still makes you feel awful or upset.

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 some kind of natural disaster, like a flood, earth-

B

quake, storm, hurricane or avalanche



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