

Have I experienced Trauma?

The purpose for this is to work out if you've experienced Trauma.

Instructions: Follow the example using the headings for your own events. Then give this to your doctor, therapist, mental health worker, advocate, support worker or other professional. You can also keep this for your own records. Use an extra sheet of paper if needed.

EVENT	WITNESSED OR EXPERIENCED	WAS I IN DANGER OR SOMEONE ELSE	HOW I REACTED, FELT, STILL FEEL
EXAMPLE. Car accident / crash	witnessed	Yes, someone else.	Shocked, scared, froze. Still have nightmares.
 			

			