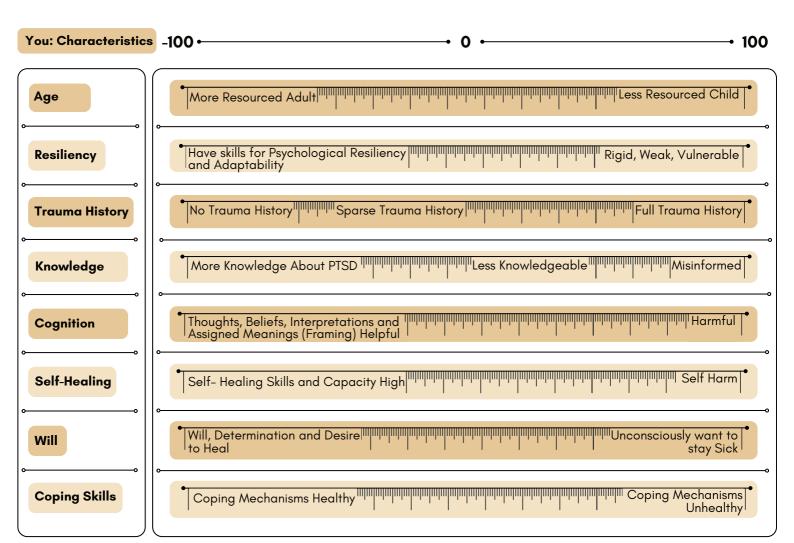
Traumatic Event	You Content
Traumatic Event: Characteristics	0
1.Proximity: How close were you to the source of harm?	•
2.Threat: What was the level of intensity of the threat?	
3.Time In Danger Zone: How much time threatened by serious injury/bodily harm/death?	* Seconds Minutes Days Months Years
4.Time Being Harmed: How much time were you actually being harmed or violated?	* Seconds Manual Months Months
5.Time Believing Dying: How long did you believe you would die/were dying?	* Seconds Months Months
6.Horror: How horrific was this event?	Not Horrific Extremely Horrific
7.Time in Emergency: How much time were you addressing an emergency situation?	*
8.Time in Pain: How much time were you in physical pain?	• III Seconds III III
9.Physical Injury: How much physical injury was sustained?	•
10.Frequency: How frequently did the trauma occur?	One Time Many Times, For Years
11.Incongruity: How incongruous was this in comparison to your daily routine?	*
12.Suddenness: How sudden was the event, was there any warning?	• Predictable, there
13.Betrayal: Did you experience betrayal in association with trauma?	* No Betrayal Shocking Betrayal Shocking Betrayal
14.Cruelty: Was anyone being cruel to you?	Not Cruel
15.Relationship: What is the nature of the relationship(s) involved in the event?	* Impersonal I
16.Loss: Did you lose someone as a result of the event?	Nobody Lost
17.Control: How much control did you have in	Control, Ability Helpless

this situation?

Traumo	atic Event You Content
You: Internal Experie	nce 0 ← 100
Fear	None None Fear Intelligence Fear Shock, Paralyzing Fear
Immobility	None None Complete Helplessness, Paralysis of Muscle, Mind
Time In Shock	None
Dissociation	None Dizziness, Disorientation High Level of Disorientation, Repeated Dissociative state
Integration	More Ability To Integrate More Ability To Integrate Ability To Integrate Ability To Integrate
Mind	Mind Stayed Integrated
Rejection	Can Accept Some Trouble State Of Disbelief Full Out Refuse To Accept
Chaos	None None Confusion Total Chaos And Confusion Inside
Shame	Not Ashamed Some Ashamed Feel Very Ashamed Feel Very Ashamed
Guilt	Not Guilty
Time	Time Was Normal Slowing or Stopping
Shut Down	Emotional Reaction
Loss Self	No Loss Of Self
Memory	No Memory Impairment No Memory Impairment During Event; Amnesia

Traumatic Event You Content



Traumat	tic Event	You		Content
Context: Characteristi	ics of Help -100 •		· 0 ·	100
Time Before Help	Immediate		Very Long Time	Never
Quantity of Help	Lots of Help			Never
Quality of Help	Expert Quality Help		p that does Nothing	Harms
Ongoing Help	Consistent Help over			Support
Context: Sources of He	elp or Harm -100 •		· 0 ·	100
Family	Lots of Family Support		No Family Support ^{il}	Family Harms
Partner	Lots of Partner Support	Hadadadadadadadadadadadadada	No Partner Support	Partner Harms
Friends	Lots of Friend Support		No Friend Support	Friends Harms
Work	Lots of Support at Work		No Support from Work	Who Rejects, Harms
Government	Lots of Support From Gov debt., social programs)	vernment (e.g. justice	No Government Support	Government Harms
Medical	Lots of Support in the Medical System		dical System Support ^{II}	Medical System Harms
Media	Lots of Media Support (news, social media, inte	rnet sites etc.)		Media Harms
School	Lots of School Support		No School Support	School Harms
Nonprofits	Lots of Support from Non Agencies/Community Co			t
Therapy	Lots of Support from Therapist(s)		No Therapist Support	Therapist Harms

Traumatic Event You Content

Context: Types of He	lp or Harm
Validation-Social	100% Understood/
Validation-Media	Lots of Validation and Understanding from the Media
Validation-Family	Lots of Validation and Understanding from Family
Physical Resuscitation	Expert timely help
Physical Rehabilitation	Expert Helped with Physical Partial Help Did it Alone Harmed Rehabilitation from Injuries
Physical Health	Expert helped with Physical Health overall
Physical Health Ed	Quality Info About How
Physical Assets	Receive gifts, Donations Receive gifts, Donations
Financial Assistance	Receive Financial Help Receive Financially
Psychological Health	Expert Help With Psychological Challenges
Psychological Health Ed	Quality Info About How To
Books, Internet	Lots of Exposure to Helpful

Positive (+) number scores represent that which could add to symptoms: negative (-) number scores represent that which could take away from symptoms