

Trauma Measuring Tool

Traumatic Event

You

Content

Traumatic Event: Characteristics

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?

4.Time Being Harmed: How much time were you actually being harmed or violated?

5.Time Believing Dying: How long did you believe you would die/were dying?

6.Horror: How horrific was this event?

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?

9.Physical Injury: How much physical injury was sustained?

10.Frequency: How frequently did the trauma occur?

11.Incongruity: How incongruous was this in comparison to your daily routine?

12.Suddenness: How sudden was the event, was there any warning?

13.Betrayal: Did you experience betrayal in association with trauma?

14.Cruelty: Was anyone being cruel to you?

15.Relationship: What is the nature of the relationship(s) involved in the event?

16.Loss: Did you lose someone as a result of the event?

17.Control: How much control did you have in this situation?

0 ————— 100

Far Away ————— Close

I Was Witness (No Threat to me) ————— I Almost Died

Seconds ————— Minutes ————— Days ————— Months ————— Years

Seconds ————— Months

Seconds ————— Months

Not Horrific ————— Extremely Horrific

Seconds ————— Months

Seconds ————— Years

No Damage ————— Entire Body Damaged

One Time ————— Many Times, For Years

Low Discontinuity/Incongruity ————— Jarring, Shockingly different

Predictable, there was warning ————— Unpredictable/Sudden

No Betrayal ————— Shocking Betrayal

Not Cruel ————— Somewhat Cruel ————— Very Cruel

Impersonal ————— Anonymous/Stranger ————— Close Relationship

Nobody Lost ————— Lost Someone(s) Close to Me

Control, Ability to Flight or Flee ————— Helpless

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You: Internal Experience

0

100

Fear

None Fear Intense Fear Shock, Paralyzing Fear

Immobility

None Complete Helplessness, Paralysis of Muscle, Mind

Time In Shock

None Seconds Days

Dissociation

None Dizziness, Disorientation High Level of Disorientation, Repeated Dissociative state

Integration

More Ability To Integrate Experience Complete Overwhelm of System, No Ability To Integrate

Mind

Mind Stayed Integrated Experienced A Mental Break

Rejection

Can Accept Some Trouble Accepting State Of Disbelief Full Out Refuse To Accept

Chaos

None Some Confusion Total Chaos And Confusion Inside

Shame

Not Ashamed Some Ashamed Feel Very Ashamed

Guilt

Not Guilty Very Guilty, Concept of Having "Sinned"

Time

Time Was Normal Experience Time Slowing or Stopping

Shut Down

Emotional Reaction Emotional Numbness, Flat Affect

Loss Self

No Loss Of Self Gets Cut Off From of Some Aspect of Self

Memory

No Memory Impairment Loss of Memory Prior To and/or During Event; Amnesia

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You: Characteristics

-100

0

100

Age

More Resourced Adult | Less Resourced Child

Resiliency

Have skills for Psychological Resiliency and Adaptability | Rigid, Weak, Vulnerable

Trauma History

No Trauma History | Sparse Trauma History | Full Trauma History

Knowledge

More Knowledge About PTSD | Less Knowledgeable | Misinformed

Cognition

Thoughts, Beliefs, Interpretations and Assigned Meanings (Framing) Helpful | Harmful

Self-Healing

Self- Healing Skills and Capacity High | Self Harm

Will

Will, Determination and Desire to Heal | Unconsciously want to stay Sick

Coping Skills

Coping Mechanisms Healthy | Coping Mechanisms Unhealthy

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Context: Characteristics 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 Help that does Nothing Help that Harms

Ongoing Help

Consistent Help over Time Sporadic On Going Support

Context: Sources of Help or Harm

-100

0

100

Family

Lots of Family Support No Family Support Family Harms

Partner

Lots of Partner Support 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 Government (e.g. justice debt., social programs) No Government Support Government Harms

Medical

Lots of Support in the Medical System No Medical System Support Medical System Harms

Media

Lots of Media Support (news, social media, internet sites etc.) No Media Support Media Harms

School

Lots of School Support No School Support School Harms

Nonprofits

Lots of Support from Nonprofit Agencies/Community Centers No Nonprofit Support Nonprofit Harms

Therapy

Lots of Support from Therapist(s) No Therapist Support Therapist Harms

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Context: Types of Help or Harm

-100

0

100

Validation-Social

100% Understood/
Sympathy

Socially Denied/
Covered Up

Social Rejection/Stigma/
Disenfranchisement

Validation-Media

Lots of Validation and
Understanding from the Media

Disbelief and Rejection

Validation-Family

Lots of Validation and
Understanding from Family

Disbelief and Rejection

Physical
Resuscitation

Expert timely help
to Revive

Wasn't helped but
Survived

Harmed

Physical
Rehabilitation

Expert Helped with Physical
Rehabilitation from Injuries

Partial Help

Did it Alone

Harmed

Physical Health

Expert helped with
Physical Health overall

No Help

Harmed

Physical Health
Ed

Quality Info About How
to Recover Physically

No Help

Misinformation

Physical Assets

Receive gifts, Donations

Assets Taken Away

Financial
Assistance

Receive Financial Help

Harmed Financially

Psychological
Health

Expert Help With
Psychological Challenges

Psychological Harm

Psychological
Health Ed

Quality Info About How To
Recover Psychologically

No Help

Misinformation

Books, Internet

Lots of Exposure to Helpful
Books, Videos on the subject

No Exposure

Misinformation

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