

Trauma Assessment

Many people realize that past trauma of some type is affecting their current lives. On the other hand, many people have no idea why they struggle with current problems and see no connection with their past trauma. Not all problems in peoples' lives are caused by past trauma. We are imperfect people living in an imperfect world. We make bad choices, and we sin. We rebel, and sometime we just do not care what the consequences are. If there is trauma in your past, however, resolving it is important. **Please place a check mark in the box next to each statement that you at least partially agree with.**

As a child:

- I experienced inappropriate touching of sexual nature
- I experienced touching that made me feel self-conscious or uncomfortable
- I was punished by a parent with hitting that left bruises or bleeding.
- I thought that my parents were abusive.
- My parents called me insulting names like "stupid," "brat," "bitch," "creep," or others.
- Someone in my house got drunk.
- Someone in my house used illegal drugs.
- Someone in my house misused prescription drugs.
- Someone in my house got violent, hitting things, throwing things, hitting people, breaking things.
- I, or someone in my home, was involved in a serious accident.
- Someone in my home was diagnosed with a mental illness
- Someone else in my home was physically or sexually abused.
 - I witnessed or heard it.
- As a child or teenager I was threatened by and/or experienced a natural catastrophe, such as a major earthquake, hurricane, flood, typhoon, tornado, or tsunami, etc.
- One or more of my parents was involved in combat.
- He and/or she were diagnosed with Post-Traumatic Stress Disorder.
- As a child or teenager I used drugs and/or alcohol.
- Someone in my family attempted suicide
 - They succeeded.
 - I witnessed it.

As an adult (answer the previous questions as well as the following):

- I experienced inappropriate touching of a sexual nature
- I experienced touching that made me feel self-conscious or uncomfortable.
- My parents called me insulting names like "stupid," "brat," "bitch," "creep," or others.
- Someone in my house got drunk
- Someone in my house used illegal drugs
- Someone in my house misused prescription drugs
- Someone in my house got violent, hitting things, throwing things, hitting people, breaking things
- I, or someone in my home, was involved in a serious accident.
- Someone in my home was diagnosed with a mental illness
- Someone else in my home was physically or sexually abused.
 - I witnessed or heard it.

- I was threatened by and/or experienced a natural catastrophe, such as a major earthquake, hurricane, flood, typhoon, tornado, or tsunami, etc.
- One or more of my parents was involved in combat.
- He and/or she were diagnosed with Post-Traumatic Stress Disorder.
- I used drugs and/or alcohol.
- Someone in my family attempted suicide
 - They succeeded.
 - I witnessed it.
- I drink alcohol on a regular basis.
- I have used alcohol or drugs to the extent that someone close to me worried about my use.
- I have received a DUI
- I have been in a relationship with someone who insulted me by calling me names, making faces or gestures.
- I have had an abortion (spontaneous, planned), OR (for men) my wife or girlfriend had an abortion
- My spouse or former spouse, boyfriend or girlfriend had an affair
- My spouse divorced me against my will.
- I experienced the sudden/premature/unexpected death of a loved one.
- I or my spouse has given birth to a child with a birth defect.
- I or a loved one had a terminal or life-threatening illness.
- I have viewed pornography on a regular basis.
- I have visited strip clubs or solicited prostitutes.
- I or someone I love has been concerned or even angry about my involvement with pornography.
- I have been diagnosed as anorexic or bulimic.
- I have gambled compulsively.
- I have worked as a crisis manager and experienced primary or secondary traumatic incidents.