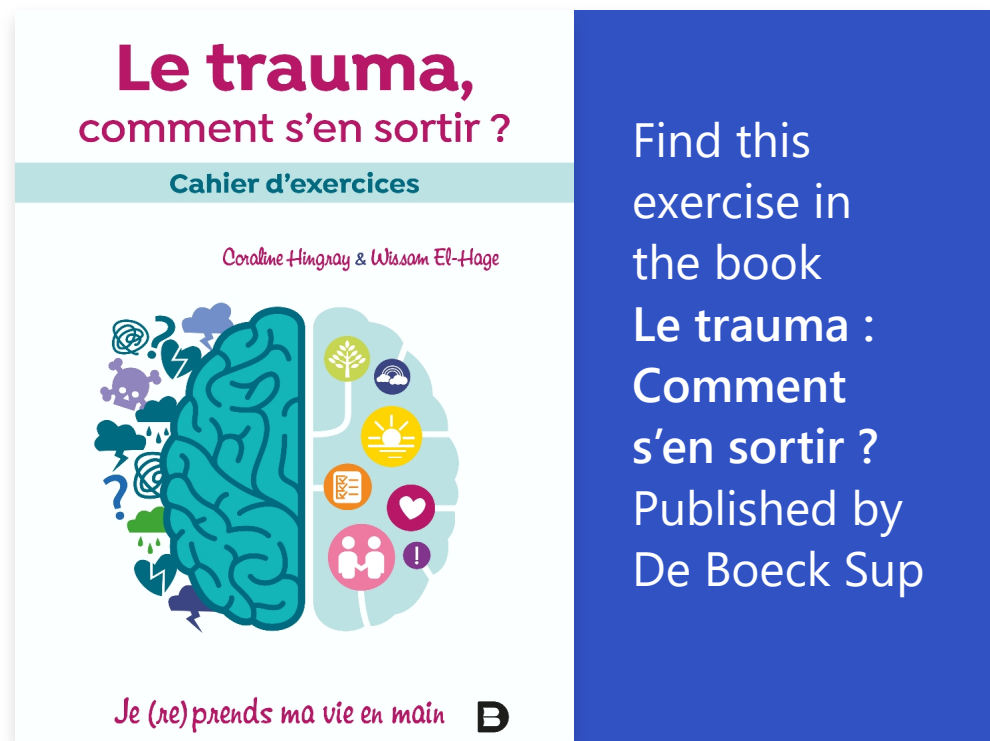


Practical information

AM I TRAUMATISED?



What has been the impact of your traumatic experiences on your life?

In this exercise, the aim is to complete the severity criteria for the traumatic experience that is currently causing you the most difficulties. A total score close to zero indicates low severity. The higher the score, the more impactful the traumatic experience is considered to be.

Don't worry: however serious it is, it is always possible to get through it!

My most difficult traumatic experience is

		Yes	No
My event	Was this trauma caused by a deliberate human action?		
My emotional experience	Did I feel intense fear (dread), a sense of impending death?		
My altered experience	Did I have signs of peritraumatic dissociation (altered experience of my body; reality or the world around me feeling strange)?		
My values	Were my values of respect or freedom undermined? Did I feel a loss of humanity, like I was just a thing?		
My share of responsibility	Do I feel guilty, do I blame myself or am I angry with myself?		
My history	Have I had other traumatic experiences in my life that have made me more vulnerable?		

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AM I TRAUMATISED?

My possibilities for action	Do I feel unable to act, powerless, like I have lost control or am helpless?		
Involvement of loved ones	Has anyone close to you been a victim? Is my abuser a parent, relative or person who is supposed to protect me?		
My interpersonal support	Have I not been believed? Was there an attempt to stifle, minimise or deny my trauma?		
Society's view	Has the justice system recognised my status as a victim? Was there no judicial follow-up or conviction? Is experiencing this considered shameful or taboo in my culture/society?		
My body	Are there any visible after-effects on my body or an incurable disability?		

How did you feel at the time of your trauma?

You may have experienced many reactions during your traumatic event, both physical and emotional. Take some time to remember what you felt and circle what best describes it.

My emotions?

Joy

Fear

Anger

Disgust

Sadness

Rage

Surprise

Pain

Terror

My physical experience?

Heart beating wildly

Pain

Heaviness

Trembling

Nausea

Crying

Sweating

Tension

Burning

Shortness of breath, difficulty breathing

Paralysis

Practical information
AM I TRAUMATISED?



Assess the intensity of your post-traumatic stress disorder

This scale helps to identify the symptoms of post-traumatic stress disorder.
You can fill it in by referring to the trauma that is currently causing you the most difficulties.

In the past month, have I been affected by the following symptoms?	Not at all	A bit	Somewhat	Often	A lot
Repetition					
I have repeated, painful and involuntary memories of the trauma	0	1	2	3	4
I have repeated, painful dreams of the trauma.	0	1	2	3	4
I suddenly feel as if the trauma is beginning again (as if I were living it again).	0	1	2	3	4
I feel overwhelmed when something reminds me of the trauma	0	1	2	3	4
I have a physical reaction when something reminds me of the trauma (e.g. my heart beating very fast, difficulty breathing or sweating)	0	1	2	3	4
Persistent event					
I avoid memories, thoughts or feelings that are related to the trauma	0	1	2	3	4
I avoid people and things that remind me of the trauma (e.g. people, places, conversations, activities, objects or situations).	0	1	2	3	4

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AM I TRAUMATISED?

Negative changes in thinking and mood					
I find it hard to remember important things about the trauma	0	1	2	3	4
I have negative beliefs about myself, others or the world (e.g. I am bad, no one can be trusted, the world is completely dangerous).	0	1	2	3	4
I blame myself or others for the trauma or what happened afterwards.	0	1	2	3	4
I have intense negative feelings (e.g. fear, horror, anger, guilt, shame).	0	1	2	3	4
I have lost interest in activities that I used to enjoy.	0	1	2	3	4
I feel distant or cut off from others.	0	1	2	3	4
I find it difficult to have positive feelings (e.g. being unable to feel joy or love towards your loved ones).	0	1	2	3	4
Marked changes in alertness and reactivity					
I'm irritable, I lose my temper or act aggressively.	0	1	2	3	4
I take reckless risks or engage in conduct that may put me at risk.	0	1	2	3	4
I am "super-alert", vigilant or on guard.	0	1	2	3	4
I startle easily.	0	1	2	3	4

Practical information

AM I TRAUMATISED?

I find it hard to concentrate.	0	1	2	3	4
I find it hard to fall or stay asleep.	0	1	2	3	4
RESULT:					

i You are advised to seek confirmation from a professional if the total score is higher than 33.

Describe your symptoms of post-traumatic stress disorder here:

