



Traumatic events list

Every therapist who is specialized in the treatment of Post-Traumatic Stress Disorder (PTSD), Acute Stress Disorder (ASD), and other traumatic events that do not meet the criteria for PTSD asks for a list of traumatic events. Filling out this form (on your computer or by printing the form) saves you and the therapist a lot of time during the sessions.

If you find it difficult to fill out this form by yourself, you can always ask your therapist to assist you with it.

Here are three examples to give you an idea:

#	Age	Event:	0-10:	Main emotion:	Physical sensation:
1	7	Car accident. My dad, mom, and I were driving to my aunt when another car hit us. My mom died.	10	Sadness	Chest, heart
2	8 – 10	Being bullied by Jake and his friends. They stole my lunch money and were beating me up regularly.	8	Anger, fear	Stomach, neck, back
3	12	I will call this: Bedroom	10	Shame, disgust	Private parts

Event #1 is a single event and happened when he was 7 years old. At this moment, it is really upsetting: 0-10: 10. The main emotion is sadness (and perhaps this person will feel some anger as well). When he thinks of this event he feels a sensation in his chest and heart.

Event #2 is less upsetting at this moment. The event took place over a longer period of time, but it is unclear whether this happened at the ages 8, 9, and 10, or somewhere between 8 – 10. It is not a problem if someone can't remember the exact age. There are two main emotions: anger and fear.

Event #3 is very upsetting: 0-10: 10 and the person doesn't want to give more details than necessary. The therapist can refer to this traumatic event by naming it Bedroom.

