

Trauma | High Impact Event List

Instructions: In the spaces below compile a list of incidents that you experienced as traumatic. Name the incident and then rank it on a scale of 0 to 10. Zero represents something that doesn't bother you at all. Ten represents something that bothers you as bad as you can imagine. If you really let yourself think about an event (remember what it looked like, sounded like and felt like) and you feel a lot of emotional intensity, then include it on this list. Of particular interest are those events that you would still rank between 7 and 10. These traumatic incidents can then be targeted for treatment.

1.	_____	0_____10
2.	_____	0_____10
3.	_____	0_____10
4.	_____	0_____10
5.	_____	0_____10
6.	_____	0_____10
7.	_____	0_____10
8.	_____	0_____10
9.	_____	0_____10
10.	_____	0_____10
11.	_____	0_____10
12.	_____	0_____10
13.	_____	0_____10
14.	_____	0_____10
15.	_____	0_____10