

TRAUMA IMPACT STATEMENT

Without writing specific details about what happened, describe the worst part of the trauma in terms of an image or scene which best represents the worst of the event.

When you bring this scene or image of the worst of it to mind, what emotions come up? Where do you feel it in your body, what physical sensations do you notice? What thoughts are you aware of, whether negative or positive, irrational or rational?

What thoughts if any do you have about why this event occurred?

What effect has the trauma had on your beliefs about yourself, others, and the world with regard to SAFETY, POWER, AND CONTROL? In what ways did the trauma either reinforce or change your beliefs or feelings in these areas?

SAFETY: related to SELF, the belief that you can protect yourself from harm and have some control over events; related to OTHERS: beliefs about the dangerousness of other people and expectancies about the intent of others to cause harm, injury, or loss; POWER and CONTROL related to SELF, beliefs that you can solve problems and meet challenges that you may face; related to OTHERS, beliefs that you can control others or future events related to others (including people in power).

What effect has the trauma had on your beliefs about yourself, others, and the world with regard to TRUST, INTIMACY, AND ESTEEM? In what ways did the trauma either reinforce or change your beliefs or feelings in these areas?

TRUST: related to SELF, the belief that you can trust or rely on your own judgments and decisions; related to OTHERS, beliefs that the promises of other people or groups can be relied on with regard to future behavior; INTIMACY: related to SELF, beliefs that you can take care of your own emotional needs; related to OTHERS, beliefs that you are capable of making different types of emotional connections with others); ESTEEM: related to SELF, beliefs about your own worth; related to OTHERS, beliefs about the respectability of others