***Instructions***: Listed below are a number of difficult or stressful things that sometimes happen to people. For each event check one or more of the boxes to the right to indicate that: (a) it happened to you personally; (b) you witnessed it happen to someone else; (c) you learned about it happening to a close family member or close friend; (d) you were exposed to it as part of your job (for example, paramedic, police, military, or other first responder); (e) you’re not sure if it fits; or (f) it doesn’t apply to you.

**Be sure to consider your entire life (growing up as well as adulthood) as you go through the list of events.**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Event** | **Happened to me** | **Witnessed** | **Learned about it** | **Part of my job** | **Not sure** | **Doesn’t apply** |
| 1. Natural disaster (for example, flood, hurricane, tornado, earthquake) | 1 | 2 | 3 | 4 | 5 | 6 |
| 1. Fire or explosion | 1 | 2 | 3 | 4 | 5 | 6 |
| 1. Transportation accident (for example, car accident, boat accident, train wreck, plane crash) | 1 | 2 | 3 | 4 | 5 | 6 |
| 1. Serious accident at work, home, or during recreational activity | 1 | 2 | 3 | 4 | 5 | 6 |
| 1. Exposure to toxic substance (for example, dangerous chemicals, radiation) | 1 | 2 | 3 | 4 | 5 | 6 |
| 1. Physical assault (for example, being attacked, hit, slapped, kicked, beaten up) | 1 | 2 | 3 | 4 | 5 | 6 |
| 1. Assault with a weapon (for example, being shot, stabbed, threatened with a knife, gun, bomb) | 1 | 2 | 3 | 4 | 5 | 6 |
| 1. Sexual assault (rape, attempted rape, made to perform any type of sexual act through force or threat of harm) | 1 | 2 | 3 | 4 | 5 | 6 |
| 1. Other unwanted or uncomfortable sexual experience | 1 | 2 | 3 | 4 | 5 | 6 |
| 1. Combat or exposure to a war-zone (in the military or as a civilian) | 1 | 2 | 3 | 4 | 5 | 6 |
| 1. Captivity (for example, being kidnapped, abducted, held hostage, prisoner of war) | 1 | 2 | 3 | 4 | 5 | 6 |
| 1. Life-threatening illness or injury | 1 | 2 | 3 | 4 | 5 | 6 |
| 1. Severe human suffering | 1 | 2 | 3 | 4 | 5 | 6 |
| 1. Sudden violent death (for example, homicide, suicide) |  | 2 | 3 | 4 | 5 | 6 |
| 1. Sudden accidental death |  | 2 | 3 | 4 | 5 | 6 |
| 1. Serious injury, harm, or death you caused to someone else | 1 |  |  | 4 | 5 | 6 |
| 1. Any other very stressful event or experience | 1 | 2 | 3 | 4 | 5 | 6 |

Please indicate which of the events bothers you the most by indicating its number: \_\_\_\_\_\_\_