

SECTION I

In this section you will be asked to respond to a number of questions about how you view the world. You should rate each statement with the number from the scale below which best represents your thoughts or feelings about the statement. Since each person is unique, there are no right or wrong answers.

0 1 2 3 4 5 6 7 8 9 10

Not At Strongly disagree rarely strongly agree, I often
All think/feel this feel/think this
True

- _____ 1. I try to avoid thoughts about my death.
- _____ 2. I do not like to be around sick people.
- _____ 3. There are some things that I do not have the physical ability to do.
- _____ 4. At times I wish I had a different body.
- _____ 5. I feel like I have a place in this world.
- _____ 6. I feel like I can make a positive contribution to the world.
- _____ 7. I make decisions to pursue my goals.
- _____ 8. When things are different than I expect, I can adapt.
- _____ 9. When I have to make changes I feel like I am losing part of myself.
- _____ 10. I can use what is in my environment to solve problems.
- _____ 11. I avoid getting into situations where I have to adapt.
- _____ 12. I am more comfortable when my friends are just like me.
- _____ 13. I enjoy being around people who are different from myself.
- _____ 14. If people were more alike there would be fewer problems in the world.
- _____ 15. I enjoy people who take a new approach to old problems.
- _____ 16. Sometimes people act in ways that are just unnatural.
- _____ 17. People learn best when they discover something for themselves.
- _____ 18. By the time a person is grown, they know what they need to know to get along in the world.
- _____ 19. I do things because I believe in them, not just for money.

- _____ 20. I like my work because it makes me feel powerful.
- _____ 21. In order to get what you need, you have to take it.
- _____ 22. If you do not watch out, people will take things from you.
- _____ 23. At times you have to do what is right regardless of the cost.
- _____ 24. When I see someone in pain I want to help.
- _____ 25. When things are difficult, I can find comfort in my beliefs.
- _____ 26. Sometimes I have to just take time out for me.
- _____ 27. I care about me.
- _____ 28. Even when I feel alone, I realize that I am not truly alone.
- _____ 29. My faith supports me.
- _____ 30. When I am feeling low, I can only find comfort from other people.
- _____ 31. Sometimes when I think about myself there is not anything to think about.
- _____ 32. The strong people have the right to command the weaker people.
- _____ 33. I have an obligation to preserve resources for future generations.
- _____ 34. I have a community on whom I can count.
- _____ 35. There is no one I can turn to.
- _____ 36. Bad things happen to me.
- _____ 37. I never get a break.
- _____ 38. I have been a victim before.

The following statements describe how children are sometimes treated by their parent(s) [parental figures or primary caretaker(s)] as well as others in their life. Please read each paragraph and then decide how well the information in the paragraph describes how you were treated by your parent(s) or parental figures or others in your life. Use the same rating scale as before.

0 1 2 3 4 5 6 7 8 9 10

Not At All True **Strongly disagree rarely think/feel this** **strongly agree, I often feel/think this**

39. Sometimes birth parents or parental figures belittle their children's accomplishments, feelings, or physical appearance. They may make the child feel stupid for making mistakes, unloved unless they do what the parents want or unappreciated no matter what they do. They may make the child feel that he or she is inadequate and not really lovable.

_____ How much does this paragraph describe the way *your parent(s) or parent figure(s)* treated you?

Who was this person(s)? Check all that apply.

_____ birth parent _____ parental figures

_____ both birth parents and other parental figures

40. Sometimes it is not a parent or parental figure but an outsider, friend, sibling, or other relative who belittles a child's accomplishments, feelings or physical appearance. They may make the child feel stupid for making mistakes, unloved unless they do what the person wants or unappreciated no matter what they do. They may make the child feel that he or she is inadequate and not really lovable. How much does this paragraph describe the way someone *other* than your parent(s) or parental figure(s) treated you?

Where did this happen? _____

What was this person's relationship to you? _____

41. Sometimes birth parents or parental figures get very angry and spank a child too hard. They may do a variety of things like beat the child, hit the child with objects, choke the child, or shove the child around. How much does this paragraph describe the way *your parent(s) or parental figure(s)* treated you? Check all that apply

_____ How much does this paragraph describe the way *your parent(s) or parent figure(s)* treated you?

Who was this person(s)? Check all that apply.

_____ birth parent _____ parental figures

_____ both birth parents and other parental figures

42. Sometimes it is not a birth parent or parental figure but an outsider, friend, sibling, or other relative who gets very angry and spanks a child too hard. They may do a variety of things like beat the child, hit the child with objects, choke the child, or shove the child around. How much

does this paragraph describe the way someone *other* than your birth parent(s) or parental figure(s) treated you?

Where did this happen? _____

What was this person's relationship to you? _____

43. Sometimes birth parents or parental figures use the child to satisfy their own sexual needs. They may fondle the child or have the child fondle him or her. They may engage in oral sex or have intercourse with the child. How much does the above paragraph describe the way *your birth parent(s) or parental figure(s)* treated you? Check all that apply.

_____ How much does this paragraph describe the way *your parent(s) or parent figure(s)* treated you?

Who was this person(s)? Check all that apply.

_____ birth parent _____ parental figures

_____ both birth parents and other parental figures

44. Sometimes it is not a birth parent or parental figure but an outsider, friend, sibling, or other relative who uses the child to satisfy their own sexual needs. They may fondle the child or have the child fondle him or her. They may engage in oral sex or have intercourse with the child. How much does this paragraph describe the way someone *other* than your birth parent(s) or parental figure(s) treated you?

Where did this happen? _____

What was this person's relationship to you? _____

SECTION II

Most people experience events they find stressful. These questions ask about your stressful experiences. Stressful experiences happen to you or to somebody you know. Stressful experiences could include but are not limited to things that threaten your life or health, cause severe physical harm, or injury. It could be exposure to other persons who have been severely injured or are dead, the violent or sudden loss of a loved one, learning of exposure to a noxious agent or causing death or severe harm to another.

Examples of the types of experiences which most people find stressful are natural disasters like earthquakes and tornadoes or human made disasters such as toxic waste spills. Transportation accidents such as car or plane crashes or serious medical problems such as accidents, terminal diseases, or chronic life threatening conditions can be stressful. Other stressful events could be assaults and crimes such as mugging, berating, battering, rape, incest, kidnapping, or murder. The loss of a loved one such as the death of a parent or friend or even the loss of a special pet could be stressful. Life events such as divorce, moving, moving away from home, test anxiety, the loss of a job, or chronic unemployment are stressful for some. Many family experiences which include negative emotional, physical, or sexual interactions which can be stressful. These interactions can be between parents or parental figures, between siblings, or between parents and children.

Please think of your stressful life experiences, regardless of whether they occurred when you were an adult or a child, and record the approximate date or time period and write a narrative of the event below.

A. On _____ (or from about _____ to about _____) you experienced _____
date beginning date ending date

life event

Many people have experienced multiple stressful life events. If you have experienced more than one stressful life event, please list the other event(s) which you consider stressful below.

B. On _____ (or from about _____ to about _____) you experienced _____
date beginning date ending date

life event

C. On _____ (or from about _____ to about _____) you experienced _____
date beginning date ending date

life event

D. On _____ (or from about _____ to about _____) you experienced _____
date beginning date ending date

life event

(If you need more room, please use the back of this sheet.)

Consider the list of events above. Please rank them in the order you consider their stressfulness with 1 being the most stressful.

RANK

Experience A _____
Experience B _____

Experience C _____
Experience D _____

Below are statements about stressful events. Using the rating scale below, please tell us how well each statement describes your *most* stressful life experience

0 1 2 3 4 5 6 7 8 9 10
 Not At Strongly disagree rarely
 All think/feel this
 True
 strongly agree, I often
 feel/think this

- _____46. It all seemed too horrible to believe.
- _____47. Time seemed to stand still.
- _____48. It seemed to go on forever.
- _____49. I could not trust what I thought was true.
- _____50. It was like someone changed the rules.
- _____51. I did not know what rules to believe.
- _____52. What I learned growing up just was not true.
- _____53. I do not know when it started.
- _____54. It seemed like a dream.
- _____55. It seemed unreal.
- _____56. It was like watching a movie.
- _____57. It seemed like it all happened to someone else, not me.
- _____58. I could not believe it was happening.
- _____59. I just wanted to get away.
- _____60. I thought I would die.
- _____61. I thought my family would die.
- _____62. I thought my friends would die.
- _____63. I thought people I did not know would die.
- _____64. I died.
- _____65. I had a life-after-death experience.
- _____66. I thought I had died.
- _____67. I wanted to die.

- _____68. My family member died.
- _____69. My family member had a life-after-death experience.
- _____70. I thought my family member had died.
- _____71. My family member wanted to die.
- _____72. My friend died.
- _____73. My friend had a life-after-death experience.
- _____74. I thought my friend had died.
- _____75. My friend wanted to die.
- _____76. People I did not know died.
- _____77. People I did not know had a life-after-death experience.
- _____78. I thought people I did not know had died.
- _____79. People I did not know wanted to die.
- _____80. I realized life is not forever.
- _____81. There was so much blood.
- _____82. Parts of bodies seemed to be everywhere.
- _____83. I never thought I would see people look like that.
- _____84. I never thought things like that would really happen.
- _____85. It all seemed so violent.
- _____86. There was nothing I could do.
- _____87. There was nothing my family member(s) could do.
- _____88. There was nothing my friend(s) could do.
- _____89. There was nothing others around me could do.

0 1 2 3 4 5 6 7 8 9 10
 Not At Strongly disagree rarely
 All think/feel this
 True
 strongly agree, I often
 feel/think this

- _____90. There was nothing I could do to help myself.
- _____91. There was nothing I could do to help my family member(s).

- _____ 92. There was nothing I could do to help my friend(s).
- _____ 93. There was nothing I could do to help others around me I did not know.
- _____ 94. I am proud of what I could do to help.
- _____ 95. I did not know I could do so much to help.
- _____ 96. I was able to do things that I did not know I could do.
- _____ 97. I felt totally and absolutely alone.
- _____ 98. I felt close to the others.
- _____ 99. I felt as if I were really part of the group.
- _____ 100. I caused it.
- _____ 101. It was directed at me.
- _____ 102. I was (one of) the victim(s).
- _____ 103. I could not go home after it happened.
- _____ 104. I felt invaded.
- _____ 105. I was afraid.
- _____ 106. I was very angry.
- _____ 107. I felt like throwing up.
- _____ 108. I felt like I could not breathe.
- _____ 109. My heart was pounding.
- _____ 110. My body felt limp.
- _____ 111. My head was throbbing.
- _____ 112. A person the age I was should not have to experience that.
- _____ 113. It made me grow up before I should have.
- _____ 114. I had to act like an adult.
- _____ 115. I was more willing to understand others.
- _____ 116. I learned new things.
- _____ 117. I realized what was really important.
- _____ 118. It seemed like the end of the world was coming.
- _____ 119. I felt more in touch with my environment.
- _____ 120. I found my faith strengthened.
- _____ 121. I knew if I survived this, I could survive anything.
- _____ 122. I appreciated being alive more.
- _____ 123. I felt numb.
- _____ 124. I appreciated people more now.
- _____ 125. I appreciate things more now.
- _____ 126. I remember the good times.
- _____ 127. I feel more for other people now.
- _____ 128. I am more understanding of others problems now.
- _____ 129. I understand others more.
- _____ 130. Talking about this to other people would be wrong.
- _____ 131. If people know about this they would think less of me.
- _____ 132. I should not be made to pay.
- _____ 133. Somebody should be made to pay.
- _____ 134. Because I survived this I'll be more prepared in the future.

SECTION III

In the following questions, you will be asked to estimate a number of things about your relationships to people, time, and distance in the event. If you cannot remember exactly, estimate to the best of your ability as you remember the event now. It is very important that you try to answer all of the questions, even if you have to guess. So that you will be able to understand how to use the scale, there is an example below.

EXAMPLE

Make a slash on the line so that it corresponds to your answer. For instance, if the question is "I LIKE ORANGES," and you hate oranges with a passion, make a slash through the 0. If you love them with a passion, you might slash through 100. If you fall somewhere in between, just mark the line so that you feel it best represents your feelings.

0 _____ 50 _____ 100
not true _____ absolutely true

134. On the scale below, rate your actual physical closeness to the experience with 0 being no contact at all and 100 being in direct contact with yourself.

0 _____ 50 _____ 100
no contact _____ direct contact with
at all _____ your person

135. If you were a witness, rate your degree of emotional closeness to the direct victim on a scale of 0 to 100 with 0 being strangers and 100 being very emotionally close such as a twin, parent/child, or spouse/mate relationship.

_____ I was not a witness

0 _____ 50 _____ 100
victim was a _____ victim was very close; a twin,
a stranger _____ parent/child or spouse/mate

136. Who was this person? Be as specific as possible, for example, was this person a stranger, a school mate, a spouse, etc. _____

143. If it feels like it never ended, how close does it feel now?

0 _____ 50 _____ 100
not close at all/ very close
like it happened a million years ago like it is still going on

144. At times, the event happens and a person finds out later. If you were not aware of the event at the time it happened, how much later was it that you heard the news? You may use minutes, hours, days, months, or years. The event might have been directed at you such as in a toxic waste spill; or not such as in the loss of a loved one.

_____ found out at the time it happened

_____ time _____ unit of measure

For instance, if you found out 5 hours after the event happened, write 5 for time and hours for unit of measure.

145. If you found out after the event, how long has it been since you found out? You may use minutes, hours, days, months, or years.

_____ I found out at the time it happened.

_____ time _____ unit of measure

For instance, if it has been 5 weeks since you first found out about the event, write 5 for time and weeks for unit of measure.

146. Regardless of when you first became aware of the event, how long has it been since the actual time of the event? You may use minutes, hours, days, months, or years.

_____ time _____ unit of measure

For instance, if it has been 5 years since the event actually happened, write 5 for time and years for unit of measure.

I1. This stressful life experience still causes me distress.

_____yes _____no

I2. I have had other stressful life experiences.

_____yes _____no

I3. It seems like my life is always in a crisis

_____yes _____no

I4. I relied on my friends to help me though.

_____yes _____no

I5. My friends were as supportive as I wanted.

_____yes _____no

I6. I have sought counseling to deal with this event.

_____yes _____no