

Traumatic Events Checklist

Check if you have ever experienced any of these traumatic events:

Bad Transportation accident (car, boat, train, airplane, other) Age/s: _____ Times? 1 2 3 4 5 6 +

Life-threatening accident at work or home. Age/s: _____ Times? 1 2 3 4 5 6 +

Life-threatening weather event (tornado, flood, fire, etc.) Age/s: _____ Times? 1 2 3 4 5 6 +

Total Level I Total _____

Witness to a sudden death or person badly hurt. Age/s: _____ Times? 1 2 3 4 5 6 +

Drowning__ Shooting__ Car accident__ Tornado__ Flooding__ Other__

Sudden move or loss of home and possessions. Age/s: _____ Times? 1 2 3 4 5 6 +

Terminal illness of someone other than parent. Age/s: _____ Times? 1 2 3 4 5 6 +

Assaulted, robbed by someone unknown. Age/s: _____ Times? 1 2 3 4 5 6 +

Unwanted sexual event by someone unknown. Age/s: _____ Times? 1 2 3 4 5 6 +

Heard or saw drive by shooting. Age/s: _____ Times? 1 2 3 4 5 6 +

Total Level II Total _____

Physical abuse from someone knew but not parent. Age/s: _____ Times? 1 2 3 4 5 6 +

Unwanted sex from someone knew but not parent. Age/s: _____ Times? 1 2 3 4 5 6 +

School/neighborhood violence- fights, weapons, threats. Age/s: _____ Times? 1 2 3 4 5 6 +

Suicide by someone known but not parent or sibling. Age/s: _____ Times? 1 2 3 4 5 6 +

Total Level III Total _____

Sudden leaving/separation by parent/s as a child. Age/s: _____ Times? 1 2 3 4 5 6 +

Incarceration of parent or sibling. Age/s: _____ Times? 1 2 3 4 5 6 +

Parents horrible divorce as a child. Age/s: _____ Times? 1 2 3 4 5 6 +

Terminal illness of parent as a child. Age/s: _____ Times? 1 2 3 4 5 6 +

Witnessed parents using drugs. Age/s: _____ Times? 1 2 3 4 5 6 +

Saw and heard family violence. Age/s: _____ Times? 1 2 3 4 5 6 +

Suicide by parent or sibling. Age/s: _____ Times? 1 2 3 4 5 6 +

Adoption. Age/s: _____ Times? 1 2 3 4 5 6 +

Foster care. Age/s: _____ Times? 1 2 3 4 5 6 +

Total Level IV Total _____

__Physical abuse from a parent.	Age/s: _____	Times? 1 2 3 4 5 6 +
__Sexual abuse from a parent.	Age/s: _____	Times? 1 2 3 4 5 6 +
__Emotional/verbal/ abuse from parent.	Age/s: _____	Times? 1 2 3 4 5 6 +
__Physical and/or emotional neglect from parent/s	Age/s: _____	Times? 1 2 3 4 5 6 +
__Total Level V		Total _____

- Level I events** are non-human
- Level II events** are from humans unknown
- Level III events** are from humans we knew but not parents
- Level IV events** are from while we were with a parent/s
- Level V events** are abuses and neglect from a parent/s.

Level IV and V are now being termed “Developmental Trauma” effecting our development.