

## Instructions for the History of Trauma Worksheet

1. Fill out History of Trauma forms on all your major caregivers who were abusive to you. This includes individuals such as parents, grandparents, older siblings, aunts, uncles, older cousins, stepparents, teachers, ministers, priests, nuns, Sunday school teachers, coaches and scout leaders. Also, include strangers who abused you.
2. Use one sheet of per person i.e. Mother, Father, Aunt, Grandmother, babysitter....etc.
3. List all the episodes i.e. **physical, emotional, intellectual, spiritual** and **sexual** abuse together on sheet for each person. List abuse chronologically beginning with the youngest age of abuse.
4. If you have difficulty arranging these episodes in this order, write down the episodes as you think of them. Then, go back and categorize the occurrences as above.
5. As you remember other experiences, add them to your list.
6. Record only the time period from birth to 17 years of age.
7. If you need definitions of what each kind of abuse is please refer to Pia Mellody's *Facing Co-Dependence* Book in chapters 10-14.

# History of Trauma Worksheet - *Example only*

Name     Mother    

Type of Abuse	Age	What Happened	Feeling Reality	
			Then	Now
Physical	3	Hit me with a Belt	Shame	Anger
Spiritual	9	Demanded that I be perfect in church	Anger, guilt	Anger
Sexual	9	Fondled Me	Lust	Shame, Pain
Emotional	12	Told me not to cry when my dog died	Pain, Fear	Anger, Pain
Intellectual	10	Told me that I was stupid	Shame, Pain	Pain, Anger
Other	14	Called me a “fag or a whore”	Shame, Pain	Shame, Anger

**History of Trauma Worksheet -**

**Name** \_\_\_\_\_

Type of Abuse	Age	What Happened	Feeling Reality	
			Then	Now