**Trauma Impact and Recovery Assessment**

**Introduction**

Welcome to the Trauma Impact and Recovery Assessment—a comprehensive self-assessment tool designed to help you evaluate the lasting effects of traumatic events and monitor your progress in recovery over time. Trauma can alter the way we experience the world, influencing our thoughts, emotions, relationships, and overall sense of safety. This worksheet provides a structured opportunity to reflect on how past experiences continue to affect your daily life and to recognize the steps you are taking on your journey toward healing. By engaging in this assessment, you are taking an active role in understanding your trauma responses and identifying areas where additional support or self-care may be beneficial.

This tool is built on evidence-based approaches and is intended not as a definitive diagnostic instrument but as a guide to deepen your self-awareness and facilitate informed conversations with mental health professionals. As you work through the questions, you are encouraged to explore both the intensity and the frequency of your responses to trauma-related stressors. Documenting your reflections can reveal patterns over time, highlight progress, and illuminate areas where you might further benefit from therapeutic interventions. Embrace this process with self-compassion, knowing that each step forward is a testament to your strength and resilience.

Please remember that while this assessment can provide valuable insights into the impact of trauma, it is for self-exploration and informational purposes only. If at any point you feel overwhelmed by your reflections or if you need immediate assistance, please consider reaching out to a trusted friend, counselor, or crisis service. Your well-being is of the utmost importance, and seeking help is a courageous step toward recovery.

**Instructions**

Over the past month, reflect on the following statements that relate to the impact of traumatic experiences on your life. For each item, select the response that best represents how much you have been affected by the symptom or behavior:

* **0** – Not at all
* **1** – A little bit
* **2** – Moderately
* **3** – Quite a bit
* **4** – Extremely

Take your time with each question, and use the additional space provided to record any thoughts, memories, or examples that help illustrate your experience. Honest reflection is key to understanding your journey toward recovery.

**Questions**

1. **I experience intrusive memories or flashbacks of the traumatic event(s).**  
   ☐ 0  ☐ 1  ☐ 2  ☐ 3  ☐ 4  
   *Reflection:* Describe any recurring images or memories that seem to surface unexpectedly. What triggers, if any, have you noticed?
2. **I have distressing dreams or nightmares related to the traumatic event(s).**  
   ☐ 0  ☐ 1  ☐ 2  ☐ 3  ☐ 4  
   *Reflection:* Consider how these dreams affect your sleep quality and your mood upon waking. Are there particular themes that emerge?
3. **I feel emotionally numb or detached from others.**  
   ☐ 0  ☐ 1  ☐ 2  ☐ 3  ☐ 4  
   *Reflection:* Reflect on your ability to experience positive emotions and connect with those around you. How does this detachment affect your relationships?
4. **I avoid places, people, or activities that remind me of the trauma.**  
   ☐ 0  ☐ 1  ☐ 2  ☐ 3  ☐ 4  
   *Reflection:* Identify any specific triggers that lead you to withdraw or avoid certain situations. How has this avoidance influenced your lifestyle or opportunities for healing?
5. **I feel constantly on guard or experience heightened startle responses (hypervigilance).**  
   ☐ 0  ☐ 1  ☐ 2  ☐ 3  ☐ 4  
   *Reflection:* Consider the situations in which you feel most unsafe or alert. What physical or emotional sensations accompany these states?
6. **I have difficulty trusting others or forming close relationships.**  
   ☐ 0  ☐ 1  ☐ 2  ☐ 3  ☐ 4  
   *Reflection:* Reflect on how past trauma might be affecting your ability to trust and connect with those around you. How does this impact your support system?
7. **I experience difficulty concentrating or maintaining focus due to trauma-related distress.**  
   ☐ 0  ☐ 1  ☐ 2  ☐ 3  ☐ 4  
   *Reflection:* Identify any areas of your work or daily activities that are disrupted by these challenges. What strategies have you tried to improve your focus?
8. **I feel overwhelmed by negative emotions when reminded of the trauma.**  
   ☐ 0  ☐ 1  ☐ 2  ☐ 3  ☐ 4  
   *Reflection:* Document instances when your emotional responses felt particularly intense. What methods do you use to manage these overwhelming feelings?
9. **I have noticed improvements in my ability to cope with trauma over time.**  
   ☐ 0 – Not at all  ☐ 1 – Slightly  ☐ 2 – Moderately  ☐ 3 – Significantly  ☐ 4 – Exceptionally  
   *Reflection:* Consider any positive changes or growth you have experienced. What factors have contributed to these improvements?
10. **I actively engage in practices or therapies to support my trauma recovery.**  
    ☐ 0 – Not at all  ☐ 1 – Occasionally  ☐ 2 – Regularly  ☐ 3 – Consistently  ☐ 4 – With great commitment  
    *Reflection:* Reflect on the strategies you use (such as therapy, mindfulness, journaling, or support groups) and how they have impacted your recovery.

**Scoring Your Assessment**

Add up your scores for each question to determine your overall impact score. Higher scores suggest a more significant impact of trauma on your life and may indicate areas where further support could be beneficial. Reflect on your responses and consider which symptoms or challenges resonate most strongly with your experience.

**Reflection:**  
Review the total score and the notes you have recorded throughout this assessment. Consider what these insights reveal about the lasting effects of your trauma and where you might focus your recovery efforts.

**Next Steps and Further Resources**

Your journey toward healing from trauma is multifaceted, and this assessment is just one step along the path. We encourage you to explore the full spectrum of resources available on our website, which are designed to support every dimension of mental, emotional, and spiritual well-being. In particular, you may find value in our extensive collection of worksheets and tools, such as the **General Emotion Worksheets**, **Emotional Regulation Workbook**, **Coping Skills Toolbox**, **Building Emotional Resilience**, and **Releasing Emotional Baggage**.

Beyond these specific tools, our website offers a wealth of resources—including guided practices, educational videos, and reading lists—that are designed to complement your healing journey. Whether you are seeking to better understand your emotional responses, develop practical coping strategies, or deepen your personal growth, our comprehensive resources are here to support you.

Remember, this assessment is meant to empower you with insights and encourage ongoing self-reflection. Healing from trauma is a process, and every step you take toward understanding your experiences is a step toward reclaiming your strength and resilience.

**Disclaimer:**  
This worksheet is intended for self-assessment and informational purposes only. It is not a substitute for professional evaluation, diagnosis, or treatment. If you are experiencing severe distress or are in crisis, please contact a mental health professional or crisis service immediately.

Take your time with this assessment, and honor your journey with kindness and patience. Every insight is a step toward a more secure, hopeful, and resilient future.