

Trauma Stress Screen



Brain Truth Matters

Please answer these following questions as truthfully as you can recall. Answer them based upon information known from when you were younger than 18 years of age. The content of this screening may be found to be quite sensitive in nature. However, the information is for **your use only**. The questions are now being asked worldwide, since the completion of the 1998 CDC empirical research study, that found a scientifically sound relationship between early childhood adverse experience(s) and many of the leading causes of death in adults.

There are only 10 items on this survey, but the knowledge that can be gained is significant.

1. Did you live with anyone who was depressed, mentally ill, or suicidal?

Yes

No

2. Did you live with anyone who was a problem drinker or alcoholic?

Yes

No

3. Did you live with anyone who used illegal street drugs or who abused prescription medications?

Yes

No

4. Did you live with anyone who served time or was sentenced to serve time in a prison, jail, or other correctional facility?

Yes

No

5. Were your parents separated or divorced?

Yes

No

6. Did your parents or adults in your home ever slap, hit, kick, punch, or beat each other up?

Yes

No

7. Did a parent or adult in your home ever swear at you, insult you, or put you down?

Yes

No

8. Did anyone at least 5 years older than you or an adult, ever touch you sexually?

Yes

No

9. Did anyone at least 5 years older than you or an adult, try to make you touch sexually?

Yes

No

10. Did anyone at least 5 years older than you or an adult, force you to have sex?

Yes

No

Thank you for taking the time to complete this screen. The empirical study results have found a relationship between childhood abuse and household dysfunction to many of the leading causes of death in adults. Specifically the greater the number of childhood adverse experiences the higher the predisposition to increased morbidity from risk factors and disease conditions such as cancer, gastrointestinal disease, stroke, pulmonary disease, and autoimmune disorders.

Science now empirically recognizes the mind- body connection and the Center for Disease Control is vested in developing prevention programs that include early intervention services for children and youth in highly stressed environments.

For those of us, who did grow up in stress-challenged environments as young children, the importance of transforming our trauma responses and their respective behavior patterns has become paramount to life expectancy. If we can change our mind, we can change our life.