

Impact Statement

Please write at least one page on *why* you think your worst traumatic event occurred. You are *not* being asked to write specifics about the traumatic event. Write about what you have been thinking about the *cause* of the worst event.

Here are some questions that might be helpful to consider as you write about the cause of the event:

- Who have you been thinking is to blame for this event?
- Have you been thinking of things you should have done differently? If so, what?
- Have you been thinking of things other people should have done differently? If so, what?
- Have you been thinking the event could have been prevented? If so, how?
- Why do you think this event happened to you (versus to someone else)?
- What does it mean about you that this event happened?
- If the event happened to someone else, why do you think it happened to them (versus to another person)?

Also, consider the *effects* this traumatic event has had on your beliefs about yourself, others, and the world in the following areas: safety, trust, power/control, esteem, and intimacy. You can write your responses to the questions about why the event happened and the effects of the trauma in the space below.

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