Traumatic Events Chart

 # Priority **Self, Family, Extended Family & Family Matters:**

_____ Father (Step)
_____ Mother (Step)
_____ Sisters
_____ Brothers
_____ Father in Law
_____ Mother in Law
_____ Husband (Ex)
_____ Wife (Ex)
_____ Sons
_____ Daughters
_____ Step Sons / Daughters
_____ Foster Brother / Sister
_____ Step / Half Sisters
_____ Step / Half Brothers
_____ Aborted Children
_____ Your Own Adoption, and Emotional Loss of Biological Parents / Adoption of Difficult Child
_____ Grandparents, Aunts, Uncles, Cousins, Second Cousins, Extended Family, Neighbor(s)
_____ Marriage: Significant Problems, Challenges, Adjustments / Lack-Emotional Connection,
_____

Instructions:

In pencil, lightly mark the people, events, and situations that have significant emotional trauma attached to them that need to be cleared. Go back and Prioritize these in order of the Intensity of Emotion attached to them.

Clear Emotions in this order using the protocol in this system.

_____ Abuses: Physical, Sexual Verbal & Emotional, Non Support/ Abandonment: Physical, Emotional, and Financial, Infidelity, Separation, Divorce/Child-Support /Remarriage: Bonding, Blending New Family, Step Children, Moving, Housing / Possessions - Give and Take, Robbery of Person or Home

_____ Traumatic Birth Circumstances: Doctors, Hospitals, Pregnancy, Delivery, Illness, Malpractice, Death, Stillbirth, Genetic Deformity, Genetic Deficiency, Prenatal Trauma

_____ Traumatic Illness or Injury: Event, Physical Loss, Mental Loss, Loss of Companionship, Loss of Income or Support, Declining Looks: Loss of Self Esteem / Self Image

_____ Traumatic Stressful Events: Building House / Burned Down House / Car Accident / Accident Injuring Body: Yours, Family member, or Friend - Ramifications following

_____ Addictions: Physical Tolls, Financial Tolls, Emotional Tolls: Yourself / Others
_____ Devastating Attack on One's Self: Rape, Shot, Stabbed, Beat up, Emotional Attack, Locked-up, Sued, War

_____ Significant Pets: Loss or Death
_____ Collage professors or Schoolteachers / Course of Study- Difficulty / Memory Fails
_____ Friends, Classmates, Colleagues, Coworkers, Clerks
_____ Care-Givers: Doctors, Nurses, Nursing Home, Rehab Center, Counselor, Babysitter, Fostercare, Orphanage
_____ Enemies in War, Battle Conflicts: Sights, Injuries (yours/ enemies), Memories, Post Traumatic Stress Syndrome
_____ Church / Church Camp: Pastor, Staff, Members, Theology: Legalism VS. Grace, Spiritual Abuse, Shunning
_____ Authorities: Police, Military, Judges , CPS, Probation Officer
_____ Job (s): Stress, Boss, Coworkers, Relocating, Fired or Laid-off, Lack of Promotion or Acknowledgment, Hours
_____ Clients ~ High Stress: Demanding, Critical, Want Something for Nothing, Reluctant to Pay Up
_____ Vendor / Supplier / Fabricator / SubContractors / Employees / Inferior Product, Materials, or Labor
_____ Financial Challenges: Monthly Shortages/ Losses / Bankruptcy / Devastation's /Overwhelmed with Paperwork
_____ Health Challenges: Illnesses, Disease, Age & Declining Health / Incapacitation's / Financial Responsibilities
_____ Creditors / IRS / Insurance Companies / Attorneys / Moving Companies
_____ Significant Person: Dishonesty or Lack of Integrity's Actions - Affected You Greatly
_____ Contractual Agreements: Employment, Rental, Real Estate, Contract Labor, Investments, and Purchases

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