The column on the left lists various types of trauma that can affect our lives. The column on the right lists characteristics of trauma. Any of these may have affected you, your parents, grandparents or other people who have had a significant impact on your life. For each of the traumas and characteristics that have affected you, your family or significant others draw a line connecting the trauma or characteristic to “you” in the center of the page.

Death of a loved one                Frequent periods of depression
Gambling addiction             Difficulty hearing positives
Emotional abuse                  Fear of conflict and anger
Drug addiction                  Continuing sense of guilt
Physical abuse                  Need to be in control
Verbal abuse                    Fear of dependency
Cultural loss                   Overly responsible
Alcoholism                      Very irresponsible
Neglect                         Overachievement
Racism                          Poor self-images
Divorce                         Need to be right
Poverty                         Fear of trusting
Violence                        Perfectionist
Disability                     Chaos junkies
Relocation                      Fear of feeling
Foster care                     Fear of intimacy
Adoption                        Underachievement
Oppression                      Denial of problems
Sexual abuse                    Fear of incompetence
Loss of a job                   Compulsive behavior
Boarding school                 Heavily depends on others
War experiences                 Repetitive relationship behavior
Loss of spirituality            Unable to relax, let go, and have fun
Discrimination of any kind     Hypersensitive to the needs of others