

Trauma Resolution Checklist

Assess the degree to which your trauma symptoms have resolved

0 = you do not feel this

5 = this strongly expresses your experience

Trauma Resolution Checklist						
1	Sense of agency in your life	0	1	2	3	4 5
2	Able to manage challenging events	0	1	2	3	4 5
3	Realistic sense of being in control	0	1	2	3	4 5
4	Ability to focus and concentrate	0	1	2	3	4 5
5	Ability to comprehend instructions or information	0	1	2	3	4 5
6	Clear sense of orientation to surroundings	0	1	2	3	4 5
7	Able to keep track of belongings: car keys, glasses, etc.	0	1	2	3	4 5
8	Experience of flow or fluidity in body	0	1	2	3	4 5
9	Accurate sequential memory of events	0	1	2	3	4 5
10	Return to normal dream life	0	1	2	3	4 5
11	Absence of flashbacks	0	1	2	3	4 5
12	Uninterrupted, satisfying sleep	0	1	2	3	4 5
13	Feel rested, have energy to function	0	1	2	3	4 5
14	Emotional equilibrium	0	1	2	3	4 5
15	Capacity to manage anger appropriately	0	1	2	3	4 5
16	Capacity for relaxed alertness	0	1	2	3	4 5
17	Feeling appropriate sense of safety	0	1	2	3	4 5
18	Normal startle response, lack of jumpiness	0	1	2	3	4 5
19	Sense of having choices and options in your life	0	1	2	3	4 5
20	Feeling connected to your body	0	1	2	3	4 5
21	Feeling a sense of self	0	1	2	3	4 5
22	Feel capable to meet life's challenges	0	1	2	3	4 5

Trauma Resolution Checklist							
23	Connected to self and others	0	1	2	3	4	5
24	Freedom of motion	0	1	2	3	4	5
25	Lack of recurring tension or pain patterns	0	1	2	3	4	5
26	Feeling you can orient in time	0	1	2	3	4	5
27	Feeling you can orient in space: less accident prone	0	1	2	3	4	5
28	Feeling connected to emotions	0	1	2	3	4	5
29	Capacity for social engagement	0	1	2	3	4	5
30	Can discuss traumatic events without being overwhelmed	0	1	2	3	4	5
31	Traumatic event feels over	0	1	2	3	4	5
32	Able to engage more fully in normal life activities	0	1	2	3	4	5
33	Feeling calmer	0	1	2	3	4	5
34	Lack of anxiety or panic	0	1	2	3	4	5
35	Lack of unusual irritability	0	1	2	3	4	5
36	Normal eating patterns restored	0	1	2	3	4	5
37	Satisfying sexual patterns restored	0	1	2	3	4	5
38	Adequate self-esteem	0	1	2	3	4	5
39	Ability to cope	0	1	2	3	4	5
40	Enjoying being with others	0	1	2	3	4	5
41	Chronic pain alleviated, reduced, or manageable	0	1	2	3	4	5
42	Normal level of cautiousness and vigilance	0	1	2	3	4	5
43	Functioning support system	0	1	2	3	4	5
44	Capacity to be present, open, and vulnerable	0	1	2	3	4	5
45	Compassion toward self and others	0	1	2	3	4	5
46	Interest in life	0	1	2	3	4	5
47	Appropriate levels of fear	0	1	2	3	4	5
48	Appropriate levels of anger versus overreacting	0	1	2	3	4	5

Trauma Resolution Checklist							
49	Intact relationships	0	1	2	3	4	5
50	Ability to be alone comfortably	0	1	2	3	4	5
51	Sense of resiliency	0	1	2	3	4	5
52	Feeling supportive of self and others	0	1	2	3	4	5
53	Sense of future	0	1	2	3	4	5
54	Feeling creative	0	1	2	3	4	5
55	Feeling optimistic and hopeful	0	1	2	3	4	5
56	Body feels strong and integrated	0	1	2	3	4	5
57	Capable of making decisions	0	1	2	3	4	5
58	Planning and completing projects	0	1	2	3	4	5
59	Feeling within your personal range of resiliency	0	1	2	3	4	5
60	Able to ask for help	0	1	2	3	4	5
61	Able to identify and expand resources	0	1	2	3	4	5
62	Able to say no appropriately	0	1	2	3	4	5
63	Continuity of thought	0	1	2	3	4	5
64	Accessing appropriate vocabulary	0	1	2	3	4	5
65	Coherent	0	1	2	3	4	5
66	Feeling present in body	0	1	2	3	4	5
67	Able to tolerate expansion	0	1	2	3	4	5
68	Able to move forward in life	0	1	2	3	4	5
69	Movement feels freer, easier	0	1	2	3	4	5
70	Ability to function at work	0	1	2	3	4	5
71	Enjoy relationships	0	1	2	3	4	5
72	Capacity to tolerate pleasure	0	1	2	3	4	5
73	Enjoy surroundings and activities	0	1	2	3	4	5
74	Able to process stimuli comfortably	0	1	2	3	4	5
75	Comfortable in situations that once reminded you of the trauma	0	1	2	3	4	5

Trauma Resolution Checklist							
76	Feel engaged in life	0	1	2	3	4	5
77	Diminished response to previous trauma triggers	0	1	2	3	4	5
78	Not afraid of the unknown	0	1	2	3	4	5
79	Chronic exhaustion resolved	0	1	2	3	4	5
80	Sufficient energy for life	0	1	2	3	4	5
81	Able to create and access resources	0	1	2	3	4	5
82	Return readily to relaxation response after startle or threat	0	1	2	3	4	5
83	Feel curiosity and desire to explore	0	1	2	3	4	5
84	Have sense of personal space, boundaries	0	1	2	3	4	5
85	Challenges feel manageable	0	1	2	3	4	5
86	Trauma memory is less threatening	0	1	2	3	4	5
87	Word recall, clarity of thought	0	1	2	3	4	5
88	Restored capacity to rest	0	1	2	3	4	5
89	Relief from addictive behaviors	0	1	2	3	4	5
91	Relief from compulsive, controlling behavior	0	1	2	3	4	5
92	Calmness of mind	0	1	2	3	4	5
93	Sense of personal pacing and rhythm	0	1	2	3	4	5
94	Increased patience and sense of ease or flow	0	1	2	3	4	5
95	Sense of closure related to disturbing events and people	0	1	2	3	4	5
96	Can review traumatic incident without activation or distress	0	1	2	3	4	5
97	Increased confidence	0	1	2	3	4	5
98	Able to distinguish between what you can and cannot control	0	1	2	3	4	5