

Appendix C:

Prevention Worksheet

This worksheet was developed as a resource guide for assessing coping skills following trauma.

<p>1. What are the facts of what happened?</p> <p>a. Who is involved</p> <p>b. How did it happen</p> <p>c. What are the details of the event</p>	<p>What I need to find out</p>
<p>2. What kinds of feelings have I experienced so far?</p> <p>a. My first feelings</p> <p>b. Negative feelings</p> <p>b. The most difficult feelings to deal with</p> <p>c. Positive feelings</p>	<p>How can I expressed these feelings to others?</p>
<p>3. Who do I know who can help me with this?</p> <p>a. In my family</p> <p>b. Of my friends</p> <p>c. In my community</p>	<p>What other supports are available to help?</p>

<p>4. I feel most tired of dealing with this when?</p> <ul style="list-style-type: none"> a. When I can take a break b. How I can take a break c. When it is ok to slow down d. How I can slow down 	<p>Who or what can help me when I need a break? How can they help?</p>
<p>5. Areas where I am still in control</p> <ul style="list-style-type: none"> a. Where I work b. Where I live c. What I do d. Who I am with 	<p>Areas that I can work toward self-control</p>
<p>6. The problems I have</p> <ul style="list-style-type: none"> a. Listed in order of importance 	
<p>7. My greatest problem</p> <ul style="list-style-type: none"> a. Small steps I can make to help with the problem. 	<p>When I will make my first step</p>

<p>8. Another important problem (repeat as necessary)</p> <p>a. Small steps I can make to help with the problem</p>	<p>When I can make my first step</p>
<p>9. Things I am willing to change</p> <p>a. About how I act</p> <p>b. About my surroundings</p> <p>c. About my responsibilities</p> <p>d. About my reactions to things</p>	<p>How I will change these things</p>
<p>10. Things I am optimistic about</p> <p>a. About myself</p> <p>b. About others</p> <p>c. About the situation</p>	<p>What else could get positive?</p>
<p>11. How I trust myself</p> <p>a. A time I managed well with a past difficult time</p> <p>b. Things I know I can do well</p>	<p>What else I can learn to trust about myself</p>

(Based upon the work of George Caplan, 1964)