**Instructions for the History of Trauma Worksheet**

1. Fill out History of Trauma forms on all your major caregivers who were abusive to you. This includes individuals such as parents, grandparents, older siblings, aunts, uncles, older cousins, stepparents, teachers, ministers, priests, nuns, Sunday school teachers, coaches and scout leaders. Also, include strangers who abused you.

2. Use one sheet of per person i.e. Mother, Father, Aunt, Grandmother, babysitter....etc.

3. List all the episodes i.e. **physical, emotional, intellectual, spiritual** and **sexual** abuse together on sheet for each person. List abuse chronologically beginning with the youngest age of abuse.

4. If you have difficulty arranging these episodes in this order, write down the episodes as you think of them. Then, go back and categorize the occurrences as above.

1. As you remember other experiences, add them to your list.
2. Record only the time period from birth to 17 years of age.
3. If you need definitions of what each kind of abuse is please refer to Pia Mellody's Facing *Co-*