

## NEGATIVE COGNITION QUESTIONNAIRE

Name: \_\_\_\_\_

Date: \_\_\_\_\_

Please identify any of the listed situations you have experienced by rating any negative emotional impact it may have for you now. If there is more than one event in a category and age level just give a number rating to only the most distressing event, then put a check mark next to it to indicate there are others.

0	1	2	3	4	5	6	7	8	9	10
<b>No Impact</b>		<b>Mild</b>		<b>Moderate</b>		<b>Substantial</b>			<b>Extreme</b>	

Event	0-6 yrs	7-12	13-17	<b>Adult Military</b>	<b>Adult Civilian</b>
Accident or Disaster (such as car accident where you were terrified or seriously hurt; flood, tornado, hurricane, bombing)					
Military Combat (any exposure)					
Sexual abuse or rape (Someone attempting or succeeding in forcing you to engage in unwanted sex acts. Someone touching, or having sex with you in a way you recognize as wrong.)					
Physical abuse/ assault (Someone threatening or hitting or otherwise physically attacking you.)					
Prejudice/racism (Incident in which you were affected by racial, gender, ethnic, or other prejudicial decision or behavior)					
Active or Indirect Emotional Abuse (Someone criticizing, verbally abusing, neglecting or abandoning you leading to danger.)					
Extensive medical treatment (Operation or medical procedures that were traumatic or frightening)					
Death of someone close because of accident, homicide, suicide, or other unnatural causes, or death of someone close by natural causes that was traumatic.					
Extreme traumatic loss (Loss of relationship, including divorce or job etc., or traumatic betrayal.)					
Other lasting painful experience (Including something others may not consider traumatic)					
An event or activity for which you blame yourself, or others blame you, for causing trauma.					

Please list the three best events or accomplishments of your adult life.

- 1.
- 2.
- 3.

Please list the three best events or accomplishments of your childhood.

- 1.
- 2.
- 3.

Please list your 3 favorite activities- things you enjoy doing, whether or not you have been doing them recently.

- 1.
- 2.
- 3.