Emotional Assessment

General:

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Identification of Age of trauma/event:** | **Identification of Level of Pain** |  |  |  |
| 0-10 | 0-10 |  |  |  |
| 10-20 |  |  |  |  |
| 20-30 |  |  |  |  |
| 30-40 |  |  |  |  |
| 40-50 |  |  |  |  |
| 50-60 |  |  |  |  |
| 60-70 |  |  |  |  |
| 70-80 |  |  |  |  |

Emotional Assessment List A

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Sadness | Interested | Loathing | Surprised | Joyful |
| Fear | Serene | Pensive | Distracted | Ecstatic |
| Anger | Trusting | Amazed | Optimistic | Terrorized |
| Irritation | Rage | Inspired | Contempt | Bitterness  |
| Boredom | Annoyed | Enthusiastic | Remorseful | Guilt |
| Shame | Dissociation | Oversensitive | Vulnerable | Withdrawn |
| Blaming | Disgusted | Amazed | Submissive | Remorseful |
| Disapproving |  |  |  |  |
|  |  |  |  |  |

Trauma

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Sexual Abuse | Neglect |  |  |  |
| Shock | Beaten |  |  |  |
| Loss of Child | Kidnapped |  |  |  |
| Accident | MK Ultraed |  |  |  |
| Abortion | Gaslighting |  |  |  |

Stress

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Overwork | Travel | Environmental | GMO Food |  |
| Divorce | Relocation | Vaccination | Electric Fog |  |
| Marriage Issues | Moving | Noise | Wifi |  |
| Sick Child | Renovating | Chemicals |  |  |
| Disabled Child | Bad Neighbours | ChemTrails |  |  |