

# Trauma-Responsive Systems Blueprint for Health Assessment

## First:

This assessment asks you to select a general statement closest to your state, and then refine it on the map. Circle the statement that is **closest** to how you feel. If you are **between** the numbers, like a "3" or a "7" mark that on the map on the next page.

### 1. Changing lenses (reframing)

0 = It's my way or the highway

5 = I enjoy checking out different perspectives and the variety

10 = Everything is the same, always has been, always will be

### 2. Claiming culture

0 = What's culture? —everybody just does their thing

5 = Different ways of being and living in the world are interesting

10 = The only culture that counts is mine— people like me are getting a raw deal

### 3. Elastic emotions

0 = I feel good / bad—who needs more than these two emotions?

5 = Sometimes my feelings get the best of me

10 = I know at least 10 different levels of fear, anger, and happiness and can regulate from them to peaceful easily

### 4. Finding Connections

0 = I don't have any friends and there's nothing important to me in this world. No one cares about how I feel.

5 = I make a lot of friends but I keep only a few.

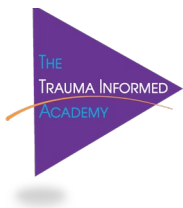
10 = I recognize that my clothing, jewelry, ring tones, pictures, tattoos and other items are all positive connections to others and I use them to help me remember I belong and am cared for.

### 5. Impact based definition

0 = Abuse, maltreatment, and neglect are the only forms of trauma.

5 = Any event that really overwhelms a person in the extreme can be traumatic.

10 = Everything that happens overwhelms me.



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## 6. Opening communication

0 = No one cares about what I need, so there's no point in trying to communicate with others.

5 = I can ask for what I need and carry on conversations in ways that are usually comfortable for others

10 = I am so good at communicating that others never know I am also experiencing strong feelings.

## 7. Repossessing life

0 = Everyone who has ever hurt me makes my life miserable even now.

5 = I recognize and access different choices about my life easily.

10 = I never gave my life away to the people who hurt me.

## 8. Spotlight strengths

0 = I am damaged, and whatever strengths I have, they are overshadowed by my injuries from trauma.

5 = Many of the things people see as my weaknesses are also strengths.

10 = I have more strength than anyone I know and I have become nearly invulnerable to pain and hurt.

## 9. Sustaining vitality

0 = There's no point in trying to be happy, healthy, eating well, trying to sleep well, or having fun.

5 = I know I have a place in this world and doing things that make me healthier is important.

10 = My life is fine like it is, whether or not I eat well, get any exercise or sleep well. I have all the fun I want.

## Next:

1. On the map that follows, consider the items circled--are they at a 0, 5, or 10? Can you refine them further? Are you really at a 3, 7, or 9?
2. Enter the number that most accurately represents where you are on the scale by marking it as a dot on the 0 --> 10 scale. 0 is closest to the center, and 10 furthest out. Expect your scores to change. They should vary over time based on your practice
3. Connect the dots.

## Then:

As you go forward, increase or decrease your practice to change your scores.

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