

1. Why did this happen to me?
 2. Who is responsible for the upsetting/confusing events?
 3. How will the upsetting/confusing events affect me in the future?
 4. How have the upsetting/confusing events affected my family?
 5. Since the events, my view of the world has changed in these ways:
 6. Since the events, my view of myself has changed in these ways:
 7. Since coming to therapy, I have learned these things about myself:
 8. Coming to therapy has changed me and my family in these ways:
 9. If I had a friend that went through a similar upsetting/confusing event, I would give him or her this advice:
 10. If my friend thought that talking about the upsetting/confusing event would be too hard, I would tell him or her:
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