

Instructions for Writing Impact Statement

Please **write at least one page** on why you think this traumatic event occurred and the impact that it has had on your thinking. You are *not* being asked to write specifics about what happened. Write about why you think it happened, and the effects this traumatic event has had on your beliefs about yourself, others, and the world in the following areas: safety, trust, power/control, esteem, and intimacy. Bring this with you to the next session.

	Safety	Trust	Power/Control	Esteem	Intimacy
Beliefs about self					
Beliefs about others					
Beliefs about the world					