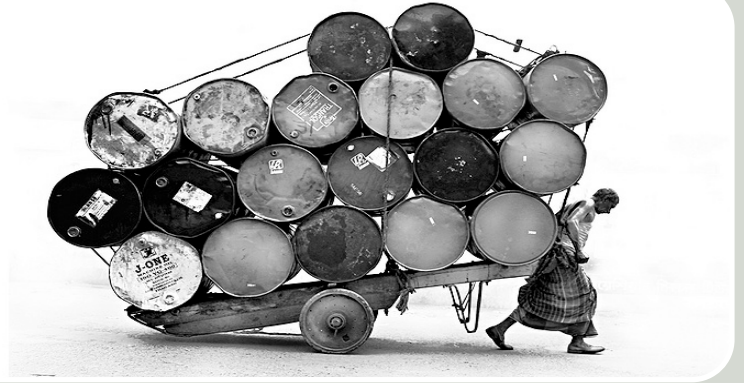


TEST YOURSELF FOR MACROTRAUMAS

«burden on your shoulders»

Macro traumas are important events, which cause strong emotions and influence all areas of one's life, causing chronic stress and an exhaustion of the nervous system.



Instruction:

1. please, make a list of 10 events (pleasant and/or not pleasant), which were important for you over the last 5 years.

Which of them are still emotionally actual (cause the strong emotions as before)?

What did you learn from these events?

No	EVENT	ACTUALITY	LESSONS/VALUES/CONCLUSIONS
1.			
2.			
3.			
4.			
5.			
6.			
7.			
8.			
9.			
10.			

It makes sense to ask for the help, if:

- Any of the unpleasant events are still actual for you though a year is gone from the moment it happened/begun, occurred ...
- You attribute to events mainly negative, not pleasant, threatening value
- You can easily write 5-10 more events