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: