

TRSTRAUMA RECOVERY SCALE PART II

Place a mark on the line that best represents your experiences during the past week.

1. I make it through the day without distressing recollections of past events.

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0% 100% of the time

2. I sleep free from nightmares.

.

0% 100% of the time

3. I am able to stay in control when I think of difficult memories.

.

0% 100% of the time

4. I do the things that I used to avoid (e.g., daily activities, social activities, thoughts of events and people connected with past events).

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0% 100% of the time

5. I am safe.

0% 100% of the time

I feel safe.

0% 100% of the time

Diagram for item 5: Two horizontal lines represent the 'I am safe' and 'I feel safe' items. Each line has a box at the 100% mark. Arrows from these boxes point to a single box on the right, which is the final score for item 5.

6. I have supportive relationships in my life.

.

0% 100% of the time

7. I find that I can now safely feel a full range of emotions.

.

0% 100% of the time

8. I can allow things to happen in my surroundings without needing to control them.

.

0% 100% of the time

9. I am able to concentrate on thoughts of my choice.

.

0% 100% of the time

10. I have a sense of hope about the future.

.

0% 100% of the time

Scoring Instructions: record the score for where the hash mark falls on the line (0-100) in the box beside the item (average Sa with Sb to get score for 5). Sum scores and divide by 10.

Interpretation: 100 – 95 (full recovery/subclinical); 86 - 94 (significant recovery/mild symptoms); 75 – 85 (some recovery/ moderate symptoms); 74 (minimal recovery/severe::); below 35 (probable traumatic regression)