

**Homework for the Richards Trauma Process**

Here is the template for your homework.

Please fill it in (please type, don’t write) and email it back, as an attachment. Your practitioner requires this at least **3  
days before your first appointment**.

Here's the homework:

**1.  List A - list the most distressing events or periods of extreme stress**

– From even ***before*** you were born.

Include any information you may have regarding such things as if your mother was ill or had an accident during her pregnancy with you, or if you had a difficult birth. (This birth information is important.)

Write the AGE you were at the time of the event or period of intense stress.

For some people there are periods of intense stress rather than an actual event.

Only list the top 10 - 12 events, and just in **dot point form**.

No stories, no essays – just dot points.

**Here is an example list:**

|  |  |  |
| --- | --- | --- |
| **Age** | **Event** | **Who was there** |
| birth | Breech birth | Mum, dad, doctors |
| 9 months | Pneumonia – in hospital | Mum and Dad |
| 10 | Car accident | Mum |
| 11 | Sexually abused by teacher | Mr Smith |
| 15-16 | Bullied at School | Gang and leader –Simon |
| 18 | Friend Alan drowned in surfing accident | John, Peter and Collin |
| 23—28 | Afghanistan – the land mine | The truck in front of us was hit. Everyone in the convoy, including civilians. |
| 35 | Partner left me for my friend | Partner, friend, kids |

**2.   List - FROM and TO**

Under FROM - list all the things in your life that you want to move away from.

Just in dot points.

What don't you want any more?  E.g. I don't want to be triggered all the time.

Under TO - list what you want instead, e.g. I want to be at ease and relaxed.

For the TO list, *dream* a little... How do you want your life to be?  Who do you want to be in that?  How will that ***feel***?

Particularly take time over the 'TO' list.  We all know what we don't want, but dream a little - **what DO you choose to experience in your life?**

Who would you be in that?  How would that ***feel***?  

Then let's get together and create that...

**Here is an example list:**

|  |  |
| --- | --- |
| **FROM** | **TO** |
| Staying home alone | Confident anywhere I go – and planning and looking forward to social events |
| Getting Drunk | Able to drink socially and know when I have had enough and stop –not getting drunk anymore. |
| Lonely and Isolated | Socially connected – friends. Happy to be in my own company- I can go out if I choose or be alone and enjoy that. Positive mood and outlook on life |
| Stressed out / anxious | Calm, confident, clear |
| Low Self Esteem | Confident and I feel it and look it. Able to speak in public and speak my mind in a confident way so people listen to me. |
| Angry and Aggressive all the time | Able to be assertive but not get into fights. I can walk away when I need to. |
| Waking up dreading the day | Waking up feeling ok – happy, not overwhelmed by the day ahead. |
| Tired all the time | Having energy |
| Panic attacks when driving | Be able to drive anywhere, anytime |

**LIST A – distressing events or periods of extreme stress**

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| **Age** | **Event / period of extreme stress** | **Names of who was there** | **Please leave this column blank** |
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| **Age** | **Event / period of extreme stress** | **Names of who was there** | **Please leave this column blank** |
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**List B - From & To**

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| **From** | **Please leave this row blank** |
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| **To** | **Please leave this row blank** |
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