

# Personalized Trauma Inventory - Life Model Framework

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## Section 1: Type A Trauma – Absence of Good

Reflect on areas in your life where nurturing, connection, or emotional support were consistently missing.

- ☐ Lack of emotional connection with caregivers

Notes:

- ☐ No comfort when distressed or scared

Notes:

- ☐ Absence of nurturing or delight from others

Notes:

- ☐ No modeling of emotional repair (e.g., how to resolve conflict)

Notes:

- ☐ Lack of consistent presence from caregivers

Notes:

- ☐ No one expressed being glad to be with you

Notes:

- ☐ Other (describe)

Notes:

## Section 2: Type B Trauma – Presence of Bad

List any painful or harmful events that left a lasting impact.

- ☐ Physical or sexual abuse

Notes:

- ☐ Witnessing violence or traumatic events

Notes:

- ☐ Betrayal or abandonment by trusted individuals

Notes:

- ☐ Chronic bullying or humiliation

Notes:

- ☐ Medical trauma (e.g., invasive procedures, frightening hospital stays)

Notes:

- ☐ Loss of a loved one or significant life disruptions

Notes:

- ☐ Other (describe)

Notes:

## Reflection

What patterns or themes do you notice? How do these experiences still affect you today?

## Next Step

Consider sharing this inventory with your Small Group or Connect Group. Life Model Works suggests that healing happens best in safe, connected relationships. Pray for each other.