STRESS, TRAUMA AND ADVERSE CHILDHOOD EXPERIENCES

CLIENT SELF-ADMINISTERED

Life Events Checklist (LEC-5) [OPTIONAL]

Listed below are a number of difficult or stressful things that sometimes happen to people. For each event check one or more of the boxes to the right to indicate that: (a) it *happened to you* personally, (b) you *witnessed it* happen to someone else, (c) you *learned about it* happening to someone close to you, (d) you were exposed to it as part of your job (for example, paramedic, police, military, or other first responder), (e) you're *not sure* if it fits, or (f) it *doesn't apply* to you.

Be sure to consider your *entire life* (growing up as well as adulthood) as you go through the list of events.

Event	Happened to me	Witnessed it	Learned about it	Part of my job	Not sure	Does not apply
1. Natural disaster (for example, flood, hurricane, tornado, earthquake)						
2. Fire or explosion						
3. Transportation accident (for example, car accident, boat accident, train wreck, plane crash)						
4. Serious accident at work, home, or during recreational activity						
5. Exposure to toxic substance (for example, dangerous chemicals, radiation)						

Event	Happened to me	Witnessed it	Learned about it	Part of my job	Not sure	Does not apply
6. Physical assault (for example, being attacked, hit, slapped, kicked, beaten up)						
7. Assault with a weapon (for example, being shot, stabbed, threatened with a knife, gun, bomb)						
8. Sexual assault (rape, attempted rape, made to perform any type of sexual act through force or threat of harm)						
9. Other unwanted or uncomfortable sexual experience						
10. Combat or exposure to a war-zone (in the military or as a civilian)						
11. Captivity (for example, being kidnapped, abducted, held hostage, prisoner of war)						
12. Life-threatening illness or injury						
13. Severe human suffering						
14. Sudden, violent death (for example, homicide, suicide)						
15. Sudden, unexpected death of someone close to you						
16. Serious injury, harm, or death you caused to someone else						
17. Any other very stressful event or experience						