

## Subjective Level of Woundedness Clinician's Worksheet

Support						No support
Able to share events						Unwilling or unable to share events
Short time in country						Extended/Multiple tours
Healthy family of origin						Dysfunctional family of origin
Health relationships						Dysfunctional relationships
Consistant workplace						Problematic workplace
Low levels of COS						High COS/PTSD
Return without physical impairment						Physically wounded
Over 24 years of age						Under 24 years of age
College education +						High school education or less
Strong faith system						No faith or dysfunctional faith system
High emotional intelligence						Low emotional intelligence
Low or no sense of themis						High perception of themis
Unit remained in tact						Loss of friends
"Military" consciousness						"Civilian" consciousness
Little or no alcohol use						Drug and/or alcohol use - high
Low self-medicating						High levels of self-medicating
High level of functioning prior to war						Low level of functioning prior to war
Little or no shame						High levels of shame
No childhood trauma						High levels of childhood trauma
Sense of empowerment						Sense of powerlessness/impotence
No sleep disturbance						Sleep impairment
No hyperarousal/numbing						Hyperarousal/Numbing
No military sexual trauma						Military sexual trauma
Witness of few traumatic events						Witness mutple traumatic events
Perception of positive leadership						Perception of incompetent leadership

*This form is meant for awareness and treatment planning, not diagnosis.*