**TYPE A: Developmental Era (0 to 12 y/o) Wound (Neglect)**

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| --- | --- |
|  | *Unsafe environment:* exposure to hazards physical or emotional |
|  | Lack of real or perceived love from key attachment figures (mom / dad) |
|  | Lack of nurture / care, especially on an emotional level; child of substance abuser |
|  | Isolation / lack of loving, supportive community / peers |
|  | Lack of recognition of individual value, dignity, worth |

**TYPE B: Developmental Era (0 to 12 y/o) Wound (Abuse)**

|  |  |
| --- | --- |
|  | *Physical abuse:* beatings, violence, shoving, slapping, kicking, strangulation, etc |
|  | *Sexual abuse:* molestation, rape, incest, sodomy, exposure to sexual material |
|  | Emotional abuse: made to think you were ‘crazy’, others were told by key attachment figures you were ‘crazy’, intentional emotional manipulation by key attachment figures, mocked, humiliated, placed in double-binds (“damned if I do, damned if I don’t”) |
|  | *Substance:* forced to partake in drugs or alcohol of any kind  |
|  | *Deprivation:* intentional withholding of food, shelter, clothing, protection by key attachment figures, ‘imprisonment’  |

**TYPE C: Event-Based Trauma**

|  |  |
| --- | --- |
|  | *Violence*: victim of a significant event where you were injured physically or psychologically; rape, car accident, combat injury, robbery, assault, terrorism, etc. |
|  | *Threat of injury or death:* any event beyond normal, day-to-day experiences that had the potential of significant injury or death (close to an explosion, near-miss of a bullet or other projectile, near-drowning experience, kidnapping, hostage, exposure to elements (heat / cold / starvation injuries), etc. |
|  | *Witness to violence:* observing violent death or serious injury of others (strangers or close relationships) to include combat, motor vehicle accidents, acts of terrorism, training accidents, etc. |
|  | *Death* of a close attachment figure, child (including miscarriage and abortion), relative, or friend; forced separation from key attachment figure (divorce of parents, divorce, illness, deployment) |
|  | *Natural disasters:* Hurricane, earthquake, tornado, etc. |

**TYPE D: Betrayal (Real or perceived)**

|  |  |
| --- | --- |
|  | *Institutional betrayal: system or leader hurts you, passed over for promotion, etc.* |
|  | *Parental/Familial betrayal:* parents divorce, giving you up for adoption, use for personal gain (prostitution or labor), parentification, breach of trust, etc. |
|  | *Spousal betrayal:* divorce, abandonment, neglect, sexual affairs / infidelity, pornography, emotional affairs, social media affairs, undermining personal goals, dreams, or vocation |
|  | *Friend betrayal:* a close friend uses, hurts, neglects, takes advantage of you |
|  | *Spiritual:* religious leaders or image of God uses, abuses, neglects, or hurts you |

**TYPE E: Sustained Duress**

|  |  |
| --- | --- |
|  | Exposure to the potential of any of the above for an extended time (>7 days); being deployed into a combat environment, working in ER / EMS, combat patrols, living on a FOB that is mortared, exposed to domestic violence, etc. |