

PLEASE READ & REFLECT ON THE FOLLOWING BEFORE COMPLETING THE QUESTIONNAIRE

The Impact of Trauma on our Current Life Stories

*A Humanistic and Transactional Analysis Enquiry into the influence of Trauma
on Personal and Cultural Life Scripts (Unconscious Relational Patterns)*

Trauma

“a damaging experience or set of experiences, particularly as the cause of psychological problems.” (Tilney, T., 1998.)

Script (Life Story)

“an unconscious life pattern based on early decisions made, usually out of awareness, in childhood. This may take many years or even a lifetime to run its course.”

(Tilney, T., 1998.)

This questionnaire seeks to explore and determine if it is possible to quantify and qualify the impact of trauma on our life stories or scripts. All questionnaires are anonymous and confidential. They will only be used in this piece of research. Identification will be referenced in the research by the particular grouping, - (e.g. Peter Symonds Counselling Department, Southampton University Counselling Service, Ecopsychology Network, Transition Network), - and their diversity, - (e.g. gender, age, gender, ethnicity and class).

The overall purpose of the research is to investigate and explore how trauma, or unhealed harmful (damaging) experiences, and the resulting patterns of response, could be influencing and affecting our individual and cultural life stories or scripts.

Additionally it will seek to establish how significant the role of today's media is in the perpetuation of the patterns of response to trauma.

This research will form part of my dissertation for the BA (Hons) Degree in Humanistic Transactional Analysis, which I am completing at Peter Symonds College, Winchester, validated by Middlesex University. The approach of the research is from a humanistic and transactional analysis perspective.

“Traumatic events call into question basic human relationships. They breach the attachments of family, friendship, love and community. They shatter the construction of the self that is formed and sustained in relation to others. They undermine the belief systems that give meaning to human experience. They violate the victim's faith in a natural or divine order and cast the victim into a state of existential crisis.”

(Herman, J., 1992/1997. Trauma and Recovery, The aftermath of violence – from domestic abuse to political terror.)

*Life scripts are formed from incomplete experiences
that become fixated as habitual patterns of attitudes and behaviours.*

(Adapted from Erskine, R., 2010.)

“My years of observation have persuaded me that not only sufferers of severe post-traumatic stress, but the majority of us, live in a state of semi-permanent emotional shock. We forget traumatic incidents, don't remember how we felt, and don't know anyone who would listen patiently and sympathetically long enough to sort it all out. Consequently we go through life emotionally anesthetized, with most of our feelings locked up in our hearts, constantly disappointed in a wary and unreceptive world.”

(Steiner, C., 2003.)

THANK YOU FOR TAKING THE TIME TO COMPLETE THIS QUESTIONNAIRE

- Have you suffered from a harmful experience (traumatic event) or set of experiences in your life?**

strongly disagree

strongly agree

1 2 3 4 5

- Do you feel that you have 'healed' from this experience (traumatic event) / set of experiences?**

no

yes

1 2 3 4 5

- Do you believe you are limited, ('bound' or governed), by a life script?**

no

yes

1 2 3 4 5

- Do you believe you are limited, ('bound' or governed), by a cultural script?**

no

yes

1 2 3 4 5

Do you think or feel that personal unhealed traumatic event(s) impact your script or life story?

strongly disagree

strongly agree

1 2 3 4 5

- Do you think or feel that collective unhealed traumatic event(s) impact a cultural script or story?**

strongly disagree

strongly agree

1 2 3 4 5

- Could you elaborate on any of the questions if you think or feel it could assist with the research?**

(Please use back of form if you need more space)

DEMOGRAPHICS

- Age :** Under 20 20-30 30-40 40-50 50-60 Over 60

- Gender :** Male Female

- Ethnicity – How would you describe your ethnic origin?**

- Class - Would you describe yourself as:** Working Class Middle Class Upper Class

PLEASE RETURN COMPLETED QUESTIONNAIRES TO: JONATHAN BLEASE

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