



Victim, Survivor, Thriver Checklist

Victim: Mark "Yes" or "No" To All That Apply Since the Traumatic Event	YES	NO
1. I think about myself before I think about others		
2. I spend a lot of time blaming others		
3. I focus on more negative things rather than positive things		
4. I have a difficult time taking responsibility for my actions		
5. I have trouble coping with the problems in my life		
6. I feel attacked when someone tries to offer helpful feedback or advice		
7. I find reasons why solutions will not work		
8. I carry grudges and have a hard time forgiving		
9. I am stuck and cannot move on		
10. I can't trust anyone		
11. I have a difficult time enjoying lasting friendships		
12. I am often critical of others		

Survivor Mark "Yes" or "No" To All That Apply Since the Traumatic Event	YES	NO
1. I am learning to adapt and cope well		
2. I have a good support network		
3. I have adequate resources and use them as needed		
4. I can change my mindset		
5. I have hope and try to focus on the positive		
6. I can be resourceful		
7. I am strong enough to take risks		
8. I am moving forward and learning to make healthy decisions		
9. I can set healthy boundaries		
10. I can see the good in others		
11. I have a strong desire to survive		
12. I can be flexible		

Thrifer Mark "Yes" or "No" To All That Apply Since the Traumatic Event	YES	NO
1. I am stronger because of my trauma		
2. I have learned significant lessons		
3. I can overcome adversity		
4. I am in control of my mental and physical health		



Victim, Survivor, Thriver Checklist

5. I make the most of my life with an “I’ve got this” attitude		
6. I am self-confident and self-reliant		
7. I feel empowered in my personal relationships and at work		
8. I consciously choose how I react to life’s struggles		
9. I respond rather than react to people, situations, and life experiences		
10. I maintain a positive perspective and am optimistic		
11. I recognize opportunities and take initiative		
12. I am motivated and energized by my talents and interests		