"S & W" List = SCARS & WOUNDS, bodily damage, breaks, burns, comas, crashes, concussions, congenital defects, fractures , MRIs, surgery, toxin exposures. (ANY & ALL PHYSICAL TRAUMAS)

AGE/YEAR	DESCRIPTION OF EVENTS
3yo or 1991	Cut chin on coffee table or cardiac surgery for a birth defect or ear tubes
15yo - 1975	Broken ankle-skiing or football concussion or vaginal delivery

WORST EVENTS LIST: [From your birth until now list the ten most painful, frightening, sad or 'the worst' events of your life , including suicide attempts, anything/everything you felt that left a negative impression]. Attach your approximate age and location. If this is too painful to do, don't do it!

#1 = WORST EVER

1]_____

2]_____

3]_____

4]_____

5]_____

6]_____

7]_____

8]_____

9]_____

10]_____

TODAY'S DATE:_____ Signature: