

## What Helps/What Hurts Survey

The purpose of the questionnaire below is to help mental health professionals get a clearer understanding of how to respond to traumatic events and losses. This survey contains questions about such events.

**Please consider that there can be increases in distress or discomfort any time people think about painful events. If you decide to continue participating, please do so with awareness of that fact.** If the events asked about cause a greater level of disturbance than you think is necessary, whether or not the disturbance is related to the survey, please contact a local mental health professional. It is also possible you may benefit from answering the questions in this survey.

Focus on the time immediately after the event. If there were responses made to you minutes, hours or even days afterward please report on that. If there were no such immediate helpful or harmful responses, but there was one after a longer period of time, however long that was, please respond on that.

If you would like to participate in this survey please print out the questionnaire, respond to the questions, and send it to the address below.

Summaries of the results of the survey will be made available at [www.howardlipke.com](http://www.howardlipke.com).

Thank you,

Howard Lipke, PhD

**Please do not include your name or identifying information.**

If you decide to participate please complete the next two pages and mail them to:

Howard Lipke, PhD  
116A, WH Survey  
VA Medical Center  
North Chicago, IL 60064

Please **do not** include your name.

Age now:

Gender: M F

Please search your memory and recall if ever, after a traumatic experience, someone said, did or suggested anything that sticks out as especially **helpful**. Please briefly describe the type of experience it was, and what was said or done.

Type of experience:

Age when it occurred:

How much you have been recently bothered by the event? (circle one)

Not bothered at all

Bothered a little

Bothered a lot

How long after the event did the helpful interaction took place? :  
(Please estimate the time as accurately as you can)

What was said and/or done to be of help? :

Now, please search your memory and recall if ever, after a traumatic experience, someone said, did or suggested anything that sticks out as especially **harmful**. Please briefly describe the type of experience it was, and what was said or done.

Type of experience:

Age when it occurred:

How much you have been recently bothered by the event? (circle one)

Not bothered at all

Bothered a little

Bothered a lot

How long after the event did the harmful interaction took place? :  
(Please estimate the time as accurately as you can)

What was said and/or done that was harmful? :