

1. The greatest negative shock of your life. It could be one that preceded your illness or another one.
2. Date/Age at the beginning of your illness
3. **Sudden shock or conclusion** of a major event or situation, either positive or negative, which would have occurred or terminated in the months or year that preceded the illness.
4. Fears, frights, fierce or intense or chronic (ie drowning)
5. Very strong annoyances with anger and sorrow
6. Remorse, regrets, lack of forgiveness, grudges
7. Sudden traumatic event (ie unexpected death of a loved one)
8. Heavy secret never expressed to anyone
9. Current age
10. Age of independence, when you were paying your own way in life, working, living on your own
11. Emotional feelings regarding your health condition
12. Important dates: Wedding, divorce, deaths, moving, accidents
13. Anything else that you feel could be linked to your health condition

