



### LIFE EVENTS CHECKLIST (LEC)

Listed below are a number of difficult or stressful things that sometimes happen to people. For each event check one or more of the boxes to the right to indicate that: (a) it *happened to you* personally, (b) you *witnessed it* happen to someone else, (c) you *learned about it* happening to someone close to you, (d) you're *not sure* if it fits, or (e) it *doesn't apply* to you.

Be sure to consider your *entire life* (growing up as well as adulthood) as you go through the list of events.

Event	Happened to me	Witnessed it	Learned about it	Not Sure	Doesn't apply
Natural disaster (for example, flood, hurricane, tornado, earthquake)					
Fire or explosion					
Transportation accident (for example, car accident, boat accident, train wreck, plane crash)					
Serious accident at work, home, or during recreational activity.					
Exposure to toxic substance (for example, dangerous chemicals, radiation)					
Physical assault (for example, being attacked, hit, slapped, kicked, beaten up)					
Assault with weapon (for example, being shot, stabbed, threatened with a knife, gun, bomb)					
Sexual Assault (rape, attempted rape, made to perform any type of sexual act through force or threat of harm)					
Other unwanted or uncomfortable sexual experience					
Combat or exposure to a warzone (in the military or as a civilian)					

If you would like to speak to mental health professional or schedule an appointment please call  
(713) 665-9000



PACE MENTAL HEALTH

Captivity (for example, being kidnapped, abducted, held hostage, prisoner of war)					
Life-threatening injury or illness					
Severe human suffering					
Sudden, violent death (for example, homicide, suicide)					
Sudden, unexpected death of someone close to you					
Serious injury, harm, or death you caused to someone else					
Any other very stressful event or experience					

If you would like to speak to mental health professional or schedule an appointment please call  
(713) 665-9000