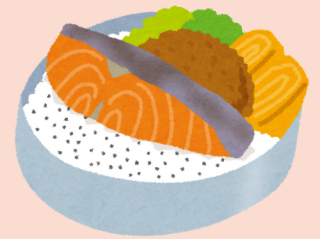




CAFE CHAOS TRAUMA MENU



DRINKS **ACEs (Adverse Childhood Experiences)**

Certain stressful or traumatic events occurring in childhood ACEs are strongly related to the development and prevalence of a wide range of health problems throughout a person's lifespan, including substance abuse and chronic illnesses.

- Physical Abuse
- Sexual Abuse
- Emotional Abuse
- Physical Neglect
- Emotional Neglect
- Mother Treated Violently
- Substance Misuse in Household
- Household Mental Illness
- Parental Separation or Divorce
- Incarcerated Household Member



APPS **Previous Adult Traumas**

Traumatic experiences that occurred after you turned 18, but that you aren't currently dealing with.

- Domestic Violence
- Sexual Assault
- Major Physical Illness
- Mental Illness
- Natural Disaster
- Major Accident
- Divorce
- Death of a Loved One
- Large Financial Loss
- Incarceration
- Loss of Housing

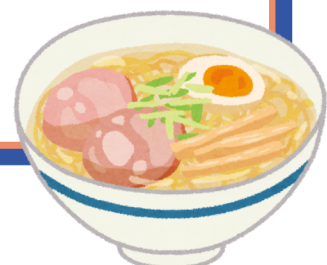


SOUP OR SALAD **News**

Stories of trauma that inundate us daily via various media sources including Morning/Evening news, radio (FM, AM, XM), social media, podcasts, 24 hr. news channels, news sites/apps.

Examples:

- Mass Shooting at Elementary School
- R*pe/M*rder on Social Media
- Cops Shoot/K*ll Unarmed Person
- Child K*llled by Sibling/Parent/Dog/Cop/Etc.
- Adult Charged with Sexual Misconduct
- #CelebrityDeath
- #Racism
- #Homophobia
- #Transphobia
- #War





CAFE CHAOS TRAUMA MENU



MAIN COURSE

Current Trauma and Stressors

Things that you are currently dealing with as an adult.

- Violence in the home
- Sexual Assault
- Major Physical Illness/Injury
- Mental Illness
- Natural Disaster
- Divorce
- _____ Phobia/ism
- Financial Hardship
- Relocation
- Parents Remarrying
- Death of a Loved One
- Incarceration
- Pregnancy and Child Birth
- Caring for a Sick Loved One
- School
- Wedding
- Bullying
- _____ (other)

DESSERT Vicarious Trauma (Our Work)

On top of everything we are going through in our own lives, we choose to listen to and take on the responsibility of other people's trauma.

- Domestic Violence
- Sexual Assault
- Major Physical Illness
- Mental Illness
- Natural Disaster
- Major Accident
- Divorce
- Death of a Loved One
- Large Financial Loss
- Incarceration



Review the Trauma Menu and enter the things that apply to you in the corresponding section of the order form. Think back over your life and try to recall all the crises that you've faced. If there is something you've experienced that is not on the menu, please enter it in the appropriate area, too. When you are finished, review your order form and see how many items on the form are things you'd forgotten about or didn't think were traumatic.

*Please take care of yourself when completing this activity. Stop at any time and seek support if needed.



CAFE CHAOS

ORDER FORM



DRINKS ACEs (Adverse Childhood Experiences)

APPS Previous Adult Traumas

SOUP OR SALAD News

MAIN COURSE Current Trauma and Stressors

DESSERT Vicarious Trauma (Our Work)