**T-REX – Part 1**

*The following questions are about how you felt* ***during or shortly after*** *.*

***During or shortly after, I felt …***

 *Not at all Extremely*

|  |  |
| --- | --- |
| 1) … angry. | 0 -- 1 -- 2 -- 3 -- 4  |
| 2) … guilty about my behavior. | 0 -- 1 -- 2 -- 3 -- 4  |
| 3) … sad. | 0 -- 1 -- 2 -- 3 -- 4  |
| 4) … ashamed of who I am. | 0 -- 1 -- 2 -- 3 -- 4  |
| 5) … anxious/nervous. | 0 -- 1 -- 2 -- 3 -- 4  |

***During or shortly after, I …***

 *Not at all Extremely*

|  |  |
| --- | --- |
| 6) … thought that I had lost something I care about. | 0 -- 1 -- 2 -- 3 -- 4  |
| 7) … worried about the future. | 0 -- 1 -- 2 -- 3 -- 4  |
| 8) … thought I was a bad person. | 0 -- 1 -- 2 -- 3 -- 4  |
| 9) … thought I did or said something wrong. | 0 -- 1 -- 2 -- 3 -- 4  |
| 10) … thought someone/something is unfair. | 0 -- 1 -- 2 -- 3 -- 4  |

***During or shortly after, I wanted to …***

 *Not at all Extremely*

|  |  |
| --- | --- |
| 11) … hide from or go unnoticed by others. | 0 -- 1 -- 2 -- 3 -- 4  |
| 12) … avoid what was making me anxious. | 0 -- 1 -- 2 -- 3 -- 4  |
| 13) … cry. | 0 -- 1 -- 2 -- 3 -- 4  |
| 14) … lash out at someone else. | 0 -- 1 -- 2 -- 3 -- 4  |
| 15) … find a way to make up for things I did. | 0 -- 1 -- 2 -- 3 -- 4  |

**T-REX – Part 2**

*The following questions are about how you feel* ***currently, when thinking now*** *about .*

***When thinking about it now, I feel …***

 *Not at all Extremely*

|  |  |
| --- | --- |
| 1) … angry. | 0 -- 1 -- 2 -- 3 -- 4  |
| 2) … guilty about my behavior. | 0 -- 1 -- 2 -- 3 -- 4  |
| 3) … sad. | 0 -- 1 -- 2 -- 3 -- 4  |
| 4) … ashamed of who I am. | 0 -- 1 -- 2 -- 3 -- 4  |
| 5) … anxious/nervous. | 0 -- 1 -- 2 -- 3 -- 4  |

***When thinking about it now, I …***

 *Not at all Extremely*

|  |  |
| --- | --- |
| 6) … think that I have lost something I care about. | 0 -- 1 -- 2 -- 3 -- 4  |
| 7) … am worrying about the future. | 0 -- 1 -- 2 -- 3 -- 4  |
| 8) … think I’m a bad person. | 0 -- 1 -- 2 -- 3 -- 4  |
| 9) … think I did or said something wrong. | 0 -- 1 -- 2 -- 3 -- 4  |
| 10) … think someone/something is unfair. | 0 -- 1 -- 2 -- 3 -- 4  |

***When thinking about it now, I want to…***

 *Not at all Extremely*

|  |  |
| --- | --- |
| 11) … hide from or go unnoticed by others. | 0 -- 1 -- 2 -- 3 -- 4  |
| 12) … avoid what is making me anxious. | 0 -- 1 -- 2 -- 3 -- 4  |
| 13) … cry. | 0 -- 1 -- 2 -- 3 -- 4  |
| 14) … lash out at someone else. | 0 -- 1 -- 2 -- 3 -- 4  |
| 15) … find a way to make up for things I did. | 0 -- 1 -- 2 -- 3 -- 4  |