

# The SIPAF Assessment:

## *Identifying the Impact of Abuse and Other Trauma*

<i>Major area of impact:</i>	<i>Variations and Descriptions of this area: (Underline or highlight phrases relevant to you)</i>	<i>Rate level of impact in this area:</i>
<b>S – Self Concept</b>	<b>Version 1 – Self blame</b> (“What happened is my fault.”) (“I caused this.”) (“I’m responsible”)	<b>0 1 2 3 4 5</b>
	<b>Version 2 – Lowered self-worth</b> (“I’m worthless – damaged goods – broken past repair - undeserving of love and respect.”)	<b>0 1 2 3 4 5</b>
		<b>TOTAL S:</b>
<b>I - Intimacy</b>	<b>Version 1 – Trust</b> (“I can’t trust anyone.” “I can’t let myself get close to anyone.”)	<b>0 1 2 3 4 5</b>
	<b>Version 2 – Sexual Issues</b> (“The only way I can get love is through sex;” or “It’s unsafe to let anyone touch me in an intimate way.”)	<b>0 1 2 3 4 5</b>
		<b>TOTAL I:</b>
<b>P – Power / Control</b>	<b>Version 1 – Powerless Style</b> (“I have no power over my own life.” (“My job = go along.”)	<b>0 1 2 3 4 5</b>
	<b>Version 2 – Controlling Style</b> (“I have to take charge of this situation” “I can’t depend on anyone except myself.” “I’ll take what I want.”)	<b>0 1 2 3 4 5</b>
		<b>TOTAL P:</b>
<b>A – Acting Out</b>	<b>Version 1 – Aggressive A.O</b> (Hitting, punching, screaming, criminal activity, etc.)	<b>0 1 2 3 4 5</b>
	<b>Version 2 – Sexual A.O.</b> (Promiscuity; infidelity; compulsive masturbation; pornography; sexual abuse of others.)	<b>0 1 2 3 4 5</b>
		<b>TOTAL A:</b>
<b>F - Feelings</b>	<b>Version 1 – Emotional</b> (Fear, sadness, anger, rage, terror, self-doubt, shame, other_____)	<b>0 1 2 3 4 5</b>
	<b>Version 2 – Physical</b> (Unexplained physical symptoms; stress headaches; stomach distress; reactivity to a touch, sight, sound, or smell; etc.)	<b>0 1 2 3 4 5</b>
		<b>TOTAL F:</b>