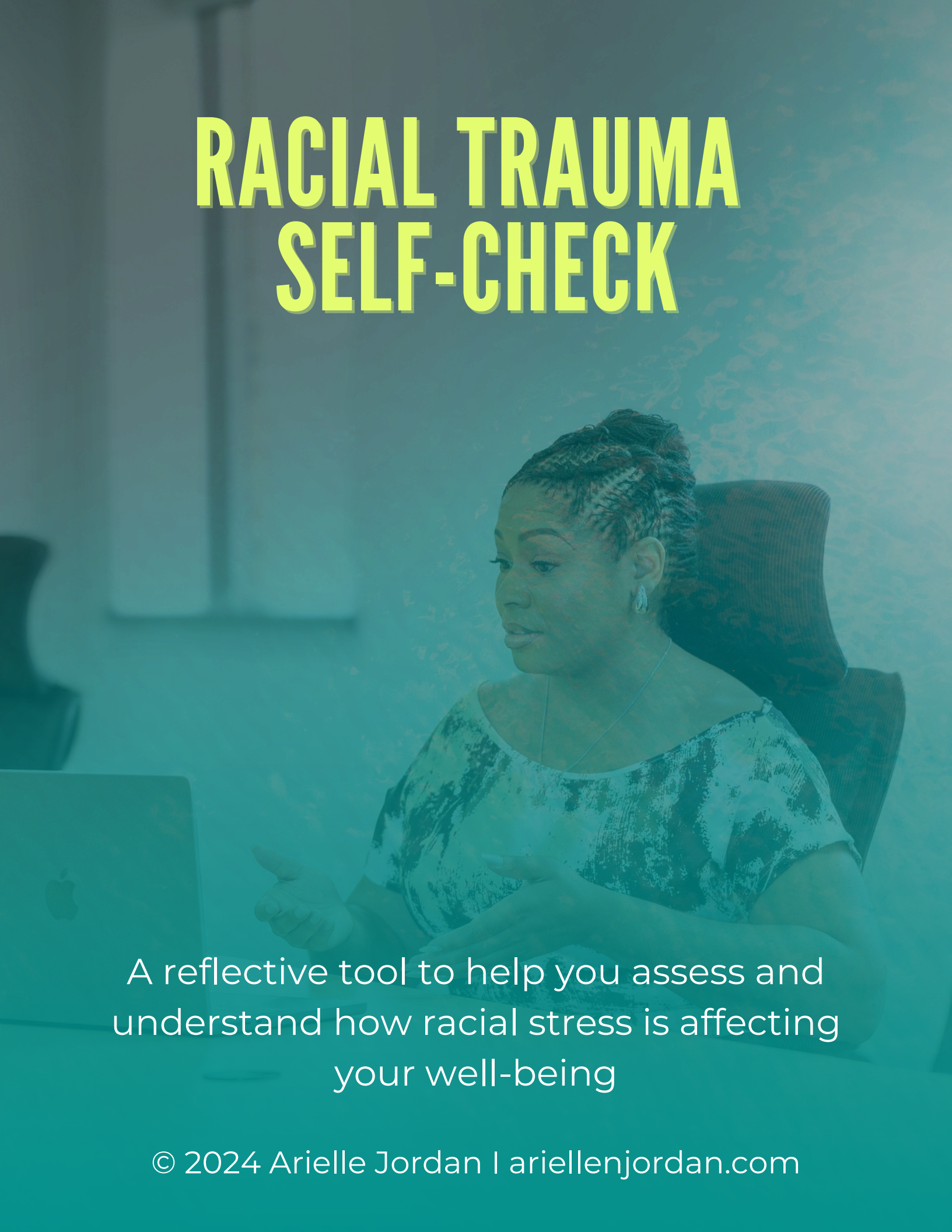


RACIAL TRAUMA SELF-CHECK

A woman with dark hair pulled back, wearing a patterned top, is seated in an office chair. She is gesturing with her hands while speaking, looking slightly to her left. In front of her is a laptop with an Apple logo. The background is a blurred office setting. The entire image is overlaid with a teal gradient.

A reflective tool to help you assess and
understand how racial stress is affecting
your well-being

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WHAT IS RACIAL TRAUMA?

Racial trauma is the emotional and mental toll of racism and discrimination. It's real, valid, and can affect your emotions, thoughts, body, and behaviors.

How It Shows Up:

- **Emotional:** Stress, sadness, frustration, or anger.
- **Mental:** Difficulty focusing, overthinking, or replaying painful moments.
- **Physical:** Fatigue, headaches, tension, or trouble sleeping.
- **Behavioral:** Withdrawing from people, avoiding situations, or feeling constantly on edge.

What Can Help:

- **Acknowledge It:** Recognize racial trauma as real and valid.
- **Talk It Out:** Share your experiences with people who understand.
- **Seek Support:** Lean on trusted friends, community, or professionals to start healing.

STRUCTURE

This assessment consists of 12 carefully designed questions that explore how racial stress and trauma affect different aspects of well-being. Each question prompts participants to reflect on their experiences and the ways racial challenges may influence their emotions, relationships, and daily life.

Participants will rate their experiences using the following scale:

- **0 – Never**
- **1 – Rarely**
- **2 – Sometimes**
- **3 – Often**
- **4 – Always**

What Your Score Means

- **0-12: Low Impact:** You may not be feeling strongly affected by racial issues at this time.
- **13-24: Moderate Impact:** Racial issues might be causing occasional stress or discomfort.
- **25-36: Frequent Impact:** Racial issues appear to be affecting you frequently and may be impacting your daily life.
- **37-48: High Impact:** Racial issues are likely a significant and ongoing source of stress. It may be helpful to explore supportive resources or speak with someone who understands racial trauma.

ASSESSMENT

Choose the number that best fits your experience:
0: Never 1: Rarely 2: Sometimes 3: Often 4: Always

		0	1	2	3	4
1	I feel nervous or different because of my race in some situations.					
2	I keep thinking about times when someone treated me unfairly because of my race.					
3	There are places or people I stay away from because they remind me of bad experiences related to my race.					
4	I'm extra careful or worried about my race when I'm around others.					
5	I've been sleeping too much or too little because of stress about race issues.					
6	I expect people to treat me badly because of my race.					
7	I feel like I don't care or can't connect with people because of things that have happened to me because of my race.					
8	I feel sad about unfair treatment towards me or people like me because of our race.					
9	I don't trust some organizations or groups because of my racial experiences.					
10	I get physical pains like headaches or stomach aches when I think about race problems.					
11	I feel mad, sad, or frustrated more often because of race issues.					
12	It's hard for me to talk about race discrimination with people who might not get it.					

WHAT YOUR SCORE MEANS

0-12: Low Impact

Racial issues may not affect you significantly at this time, making it an ideal moment to strengthen your resilience with the right tools.

13-24: Moderate Impact

Racial stress may occur occasionally, affecting your focus or emotions. Early action with guided strategies can help maintain balance and growth.

25-36: Frequent Impact

Racial trauma is impacting your daily life more regularly. Prioritizing structured support can help you regain clarity and control.

37-48: High Impact

Racial trauma is significantly affecting your life. Immediate, focused resources are essential to rebuild your confidence and well-being.

Wherever you fall, *United We Serve, United We Heal* and the Resilience Redefined Intensive offer tailored strategies to meet your needs. Take the next step toward growth and healing.

FOUND THIS HELPFUL? LET'S PARTNER!

BOOK ME TO SPEAK OR TRAIN

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EMDR CONSULTATIONS

EMDR INTENSIVE THERAPY