

**SBQ**

**After a traumatic experience, some people take extra precautions to make their lives and that of significant others safer. SINCE THE TRAUMA, have you started to do any of the following things to feel safer?**

**Please indicate how often you take these precautions in the PAST MONTH by circling the answer that best applies to you. Please also circle whether or not you have taken the precaution more often than before the trauma.**

		THIS APPLIED TO ME IN THE PAST MONTH				MORE OFTEN SINCE THE TRAUMA?	
		Never	Sometimes	Often	Always	YES	NO
1.	I overprotect those close to me.	Never	Sometimes	Often	Always	YES	NO
2.	I take precautions whatever I do.	Never	Sometimes	Often	Always	YES	NO
3.	I check carefully whether doors/ windows are locked.	Never	Sometimes	Often	Always	YES	NO
4.	I check for the quickest way to leave the situation.	Never	Sometimes	Often	Always	YES	NO
5.	I try to keep tight control of my mind.	Never	Sometimes	Often	Always	YES	NO
6.	I try not to let my feelings show.	Never	Sometimes	Often	Always	YES	NO
7.	I make sure I can always see what is going on.	Never	Sometimes	Often	Always	YES	NO
8.	I make extra efforts to make sure my surroundings are safe.	Never	Sometimes	Often	Always	YES	NO
9.	I check whether the people around me look suspicious.	Never	Sometimes	Often	Always	YES	NO
10.	I make sure I have a telephone near me so that I can call for help.	Never	Sometimes	Often	Always	YES	NO
11.	I plan what to do if things go wrong.	Never	Sometimes	Often	Always	YES	NO
12.	I check closely what is going on around me.	Never	Sometimes	Often	Always	YES	NO
13.	I put off going to sleep because of nightmares, or in case of intruders.	Never	Sometimes	Often	Always	YES	NO
14.	I avoid circumstances that remind me of the trauma.  <i>Which ones? Please specify:</i>  .....  .....	Never	Sometimes	Often	Always	YES	NO