



Trauma Recovery Measure (TRM)

Instructions:

Please consider how you have thought and felt about yourself over the last week and indicate the degree to which you believe the statements provided below are true for you.

		True of Me	Somewhat True of Me	Neither True or Untrue of Me	Somewhat Untrue of Me	Untrue of Me
1	I respect myself	5	4	3	2	1
2	I am free to make my own decisions	5	4	3	2	1
3	I am in control of my life and my decisions	5	4	3	2	1
4	I accept all parts of myself	5	4	3	2	1
5	I know my worth as a person	5	4	3	2	1
6	I am empowered to pursue my goals	5	4	3	2	1
7	I have overcome my traumatic experiences	5	4	3	2	1
8	I like myself	5	4	3	2	1
9	I have hope for my future	5	4	3	2	1
10	I am worthy of love	5	4	3	2	1
11	I can rely on myself	5	4	3	2	1
12	I choose to focus on myself and my future	5	4	3	2	1
13	I am enough	5	4	3	2	1
14	I have changed for the better	5	4	3	2	1
15	I can cope with life's ups and downs	5	4	3	2	1

Developer Reference:



NovoPsych

Smith, S. (2022). The cognitive path to trauma recovery: Examining the role of posttrauma cognitions in the maintenance of PTSD and the facilitation of trauma recovery for survivors of interpersonal violence. Doctoral Thesis. https://research.bond.edu.au/files/262000048/Sharelle_Smith_Thesis.pdf

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