

Trauma rating

rating													
-10	-7,5	-5	-2,5	0	2,5	5	7,5	10					
Life threatening, e. g. B. : Blows until injury	criminal offences, helplessness in carrying out things	injuries, permanent insults	defenselessness, slight insults	Everyday things, shopping, shaving		Self-aggrandizement, cup of coffee	Creating things that increase self-esteem	transcend oneself	achieve the impossible				
uncontrollable									controlable				
long-term effect, subjectively worse feeling					Short-term effect, subjectively hardly detectable			Medium-term impact					