PTCI Subscales

Negative Self Subscale (SELF)

3 I am a weak person.

5 I can’t deal with even the slightest upset

6 I used to be a happy person but now I am always miserable.

9 I feel dead inside.

12 I am inadequate.

14 If I think about the event, I will not be able to handle it.

16 My reactions since the event mean that I am going crazy.

17 I will never be able to feel normal emotions again.

20 I have permanently changed for the worse.

21 I feel like an object, not like a person.

25 I have no future.

26 I can’t stop bad things from happening to me

28 My life has been destroyed by the event.

30 My reactions since the event show that I am a lousy coper.

33 I feel like I don’t know myself anymore.

35 I can’t rely on myself.

36 Nothing good can happen to me anymore

Negative World Subscale (WORLD)

7 People can’t be trusted

8 I have to be on guard all the time

10 You can never know who will harm you.

11 I have to be especially careful because you never know what can happen next.

18 The world is a dangerous place.

23 I can’t rely on other people.

27 People are not what they seem.

Self-Blame Subscale (BLAME)

1 The event happened because of the way I acted.

15 The event happened to me because of the sort of person I am.

19 Somebody else would have stopped the event from happening.

22 Somebody else would not have gotten into this situation.

31 There is something about me that made the event happen.