

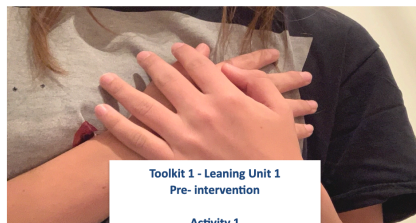
# Victim Type Quizz

You CAN'T pour from an EMPTY cup



Question :	Your response	Victim type
Did you suffer from the direct impact of the event?	<input type="checkbox"/>	Type 1
Was anyone close to you affected by the event, either deceased or survivor?	<input type="checkbox"/>	Type 2
Are you involved as an emergency worker, civil security, psychologist, social worker, victim assistance or other on the event?	<input type="checkbox"/>	Type 3
Is (was) your community exposed to the event ?	<input type="checkbox"/>	Type 4
Do you have predisposing factors that may increase your vulnerability to psychological disorders ?	<input type="checkbox"/>	Type 5
Do you feel concerned for indirect reasons?	<input type="checkbox"/>	Type 6
<b>Number of boxes checked</b>		

If you have checked at least one box, take time to consider that **you are a victim** and **please help yourself first !**  
**Please be sure to consider practising this activity : cardiac coherence**



**Want to check if you are ready to go ?**  
**Good-to-go check-lists**

**Help yourself before trying to help others**