

Worksheet 1: Disruptions Caused by Disasters, Emergencies, or Stresses

(Not on this list: *Zombie Apocalypse; Armageddon; famine; war; the complete and permanent breaking of the internet, phone lines & electric grid; asteroid; super-volcano eruption*)

		Happened Here	I Feel Prepared	Power & Computer	Water, Sewer & Sanitation	Shelter & Property	Evacuation	Physical Safety	Communication	Food & Cooking	Medical	Transportation & Fuel	Heat & Cooling	Money, Finances	Legal Problems	Important Documents	Mental Health, Emotional & Spiritual Needs
External Disasters (Regional)	<i>Add your own</i>																
	Terrorist Attack						X	X	X			X					X
	Ice Storm			X	X	X		X	X	X		X	X				
	Snow Storm			X				X	X	X		X	X				
	Heat Wave										X		X				
	Biological Attack or Accident				X		X	X	X		X	X					X
	Chemical Attack or Accident						X	X	X		X						X
	Bomb						X	X	X		X	X					X
	Financial Recession					X					X			X	X		X
	Tornado			X	X	X	X	X	X	X	X	X	X	X	X	X	X
Wildfire			X	X	X	X	X	X	X		X	X	X	X	X	X	X
External Disasters (Local)	<i>Add your own</i>																
	Landslide			X	X	X	X	X	X	X		X	X	X	X	X	X
	Water Main Break				X	X	X			X				X	X		
	Flood			X	X	X	X	X	X	X		X	X	X	X	X	X
	Major Road Failure/Construction									X		X					
Toxic Gas Release						X	X		X	X	X					X	
Family & Personal Disasters	<i>Add your own</i>																
	Computer Failure								X					X	X	X	
	Unemployment					X					X	X		X	X		X
	Chronic Illness										X			X	X		X
	Divorce					X								X	X		X
	Medical Emergency or Chronic Illness							X			X			X	X		X
	Domestic Violence						X	X			X			X	X		X
Aging Spouse or Parent					X				X	X			X	X		X	