

PSA

As the name of the doc states, this document mentions several possible **TRAUMATIC EVENTS** of **ALL CATEGORIES**

PLEASE READ WITH CAUTION and DO NOT read aloud around small children

Here's **100** ways to **TRAUMATIZE YOUR OCS**

Fire Related

1. House burns down
2. A loved one was burned alive/at the steak in front of them
3. Loved one killed in a fire
4. Loved one was killed by an explosion
5. Scarred/maimed/disabled from a fire
6. Burning tree or rubble fell on them/a loved one
7. Torched by a fire related mythical or theological creature
8. Fell/had a loved one fall in a volcano
9. Scorched by lava
10. Car explosion

Most realistic

1. kitchen accident such as a grease fire
2. Loss of limb/any physical disability given from a car accident
3. Scar from a stab wound
4. Scar from a gunshot wound
5. Loss of loved one due to a violent incident
6. Loss of a loved one from a car accident
7. Sudden death of a loved one
8. Loss of a loved one from illness
9. Religious trauma (such as escaping from a cult or being hurt by a religious figure or being raised in an abusive religious household)
10. Trauma from being bullied (school, siblings, ect)
11. Stalked
12. Family having to declare bankruptcy due to a parent's bad spending habits
13. alcoholic parent
14. Addict parent
15. Being removed from a custody due to a parent's bad choices
16. Being abandoned as a child
17. Loss of a child

18. Being abused/exploited by the media/hollywood
19. Finding out their favorite celebrity or influencer is a monster
20. Divorce
21. Assault

Poison related

1. losing a loved one to being poisoned
2. Accidentally getting poisoned from eating a mushroom and almost dying
3. Accidentally mixing up a deadly plant with a safe one and nearly dying
4. Attacked with anthrax
5. Hit with a poison dart
6. Accidentally ate incorrectly prepared fugu/pufferfish/lost a loved one to it
7. Poisoned from expired/out of season oysters

Animal related

1. attacked by a zoo animal that got loose
2. Fell into an animal pen at the zoo and got attacked
3. Bit by a venomous animal (list of venomous animals coming soon!)
4. Bit by a rabid animal
5. Scratched by a wild animal
6. Attacked by a dog
7. Mauled by a wild animal
8. Attacked by an exotic pet

True crime inspired (list of motives coming soon)

1. Family murdered by serial killer
2. Survived an encounter with a serial killer
3. Surviving a terrorist attack
4. Family member lost to terrorist attack
5. Kidnapping
6. Being framed for a crime they didn't commit bonus points for Being sentenced to death for something they didn't do
7. Being scammed out of everything

Sci-fi

1. attacked by an alien
2. Lost loved one to alien
3. Attacked by an escaped lab experiment
4. Used for a lab experiment

5. Made in a lab and escaped
6. Brain swap
7. Mutated from a lab accident
8. Maimed from a lab accident
9. Sucked into or had loved one sucked into a portal to another dimension
10. Stuck in space in a strange new planet or galaxy
11. Alien parasite
12. Shapeshifter impersonating them or a loved one
13. tech/robot becomes self aware and wants to take over

Book/short story inspired

1. someone gets killed by a pipe with steam (The Bone Collector by Jeffrey Deaver)
2. Being kidnapped by a copycat criminal/killer (Along Came a Spider by James Patterson)
3. Loved one went nuts and attacked people (Darkstalker by Tui T Sutherland)
4. Watched someone destroy themselves/become corrupt for power (Animal Farm by George Orwell, The Darkest Hour by the Erin Hunter team, and Darkstalker, mentioned above)
5. Human characters being hunted for sport (The Most Dangerous Game by Richard Connell)
6. Seeing a taxidermy/stuffed piece of the same species as your character (The Brightest Night by Tui T Sutherland)
7. Watched someone get killed by an artifact (Brightest Night by Tui T Sutherland)
8. Being sold/given away by your parents (Both the Dragonet Prophecy and Darkness of Dragons by Tui T. Sutherland)

Inspired by Shows

1. Finding out your lover is a killer (YOU on Netflix)
2. Loved one was murdered by someone you thought you'd defeated but didn't do in time (Dexter)
3. hit someone with a car and sent them into a coma (Desperate Housewives)
4. Family member nearly sacrificed themselves/nearly died for someone you barely know/don't like (Helluva Boss)
5. Group of friends being forced to choose to kill one of them (Criminal Minds)
6. Nearly dying or nearly losing someone to an incredibly rare medical condition (House MD)
7. they lost the memories/forgot the person they care about most/vice versa (Adventure Time)
8. Shoe kicked (or a random object thrown) knocked something heavy down and crushed people in a freak accident (South Park)

9. Ninja star (or any throwing weapon) to the eye (south park)
10. Being trapped in a literal nightmare (The Owl House)
11. Finding out the person they've been searching for has been dead for years (The Owl House)

Just plain chaotic

1. Watched someone get hit by a falling piano, or they got hit by a falling piano
2. Farris wheel gets out of control/falls off the stand/hinges with people on it
3. scars from electrical shocks caused by a malfunctioning game console or headphones
4. Accidentally not washing hands well enough after chopping habaneros and going to take their contacts out
5. Finding out that their tinder/grindr/online date is not only a catfish, but a family member
6. The girlies ACTUALLY summoned a demon at the sleepover
7. Sang a note too high that caused glass to shatter and a building to collapse
8. Tripping (or witnessing someone trip) on a roomba down a flight of stairs and obtaining a severe injury
9. Someone stole one of their organs (inspired by Charlie the Unicorn)
10. Reeling in a dead body disposed of by a mafia or gang that they thought was just a really big fish

Song Inspired

1. Realizing they've become the person who traumatized them and they now think they're a monster (Headfirst Slide into Cooperstown on a Bad Bet by Fall Out Boy "I will never end up like him, behind my back I already am")
2. Having to leave someone they love the most and seeing that person watch them waste away (Cancer by My Chemical Romance "The hardest part of this is leaving you")
3. Them realizing they have no idea who they are and not sure what they want to be (Maybe Man by AJR)
4. Watching their lover get attacked and/or killed by their family who disapproves (Hayloft by Mother Mother)
5. Being forced to carry the burden of what people think of your family/how you were raised and not you or how you can change (Not One of Us from The Lion King 2)