

Healing Through Understanding: Trauma and PTSD Worksheet Bundle



WHAT IS PTSD?

Post-Traumatic Stress Disorder (PTSD) is a mental health condition triggered by experiencing or witnessing a traumatic event. This disorder can affect anyone, and understanding its symptoms and impacts is the first step towards healing and recovery. This page provides an overview of PTSD to help you recognize its signs and understand its effects.

Common Symptoms

- Intrusive Thoughts:
 - Recurrent, unwanted memories of the traumatic event
 - Flashbacks, reliving the traumatic event as if it were happening again
 - Disturbing dreams or nightmares about the trauma
- Avoidance:
 - Avoiding places, activities, or people that remind you of the traumatic event
 - Avoiding thoughts or feelings related to the trauma
- Negative Changes in Thinking and Mood:
 - Negative thoughts about oneself or others
 - Feelings of hopelessness about the future
 - Memory problems, including not remembering important aspects of the traumatic event
 - Difficulty maintaining close relationships
- Changes in Physical and Emotional Reactions:
 - Being easily startled or frightened
 - Always being on guard for danger
 - Self-destructive behavior, such as drinking too much or driving too fast
 - Trouble sleeping or concentrating
 - Irritability, angry outbursts, or aggressive behavior
 - Overwhelming guilt or shame

REMEMBER



PTSD can vary in severity and presentation, and it should be diagnosed and treated by a qualified mental health professional.

PTSD SYMPTOMS

Exposure to Trauma

Exposure to actual or threatened death, serious injury, or sexual violence in one (or more) of the following ways:

- Directly experiencing the traumatic event(s)
- Witnessing, in person, the event(s) as it occurred to others
- Learning that the traumatic event(s) occurred to a close family member or close friend
- Experiencing repeated or extreme exposure to aversive details of the traumatic event(s)

Intrusion Symptoms

Presence of one (or more) of the following intrusion symptoms associated with the traumatic event(s), beginning after the traumatic event(s) occurred:

- Recurrent, involuntary, and intrusive distressing memories of the traumatic event(s)
- Recurrent distressing dreams in which the content and/or affect of the dream are related to the traumatic event(s)
- Dissociative reactions (e.g., flashbacks) in which the individual feels or acts as if the traumatic event(s) were recurring
- Intense or prolonged psychological distress at exposure to internal or external cues that symbolize or resemble an aspect of the traumatic event(s)
- Marked physiological reactions to internal or external cues that symbolize or resemble an aspect of the traumatic event(s)

Avoidance Symptoms

Persistent avoidance of stimuli associated with the traumatic event(s), beginning after the traumatic event(s) occurred, as evidenced by one or both of the following:

- Avoidance of or efforts to avoid distressing memories, thoughts, or feelings about or closely associated with the traumatic event(s)
- Avoidance of or efforts to avoid external reminders (people, places, conversations, activities, objects, situations) that arouse distressing memories, thoughts, or feelings about or closely associated with the traumatic event(s)

Negative Alterations in Cognitions and Mood

Negative alterations in cognitions and mood associated with the traumatic event(s), beginning or worsening after the traumatic event(s) occurred, as evidenced by two (or more) of the following:

- Inability to remember an important aspect of the traumatic event(s) (typically due to dissociative amnesia and not to other factors such as head injury, alcohol, or drugs)
- Persistent and exaggerated negative beliefs or expectations about oneself, others, or the world
- Persistent, distorted cognitions about the cause or consequences of the traumatic event(s) that lead the individual to blame himself/herself or others
- Persistent negative emotional state (e.g., fear, horror, anger, guilt, or shame)
- Markedly diminished interest or participation in significant activities
- Feelings of detachment or estrangement from others
- Persistent inability to experience positive emotions (e.g., inability to experience happiness, satisfaction, or loving feelings)

Alterations in Arousal and Reactivity

Marked alterations in arousal and reactivity associated with the traumatic event(s), beginning or worsening after the traumatic event(s) occurred, as evidenced by two (or more) of the following:

- Irritable behavior and angry outbursts (with little or no provocation) typically expressed as verbal or physical aggression toward people or objects
- Reckless or self-destructive behavior
- Hypervigilance
- Exaggerated startle response
- Problems with concentration
- Sleep disturbance (e.g., difficulty falling or staying asleep or restless sleep)

The duration of the disturbance is more than one month.

The disturbance causes clinically significant distress or impairment in social, occupational, or other important areas of functioning.

UNDERSTANDING TRAUMA

Trauma is a deeply distressing or disturbing experience that can have a significant impact on an individual's mental, emotional, and physical well-being. Understanding trauma is essential for recognizing its effects and taking the first steps toward healing.

Trauma is an emotional response to a terrible event like an accident, rape, or natural disaster. Immediately after the event, shock and denial are typical. Longer-term reactions include unpredictable emotions, flashbacks, strained relationships, and even physical symptoms like headaches or nausea.

Acute Trauma

Acute trauma results from a single incident that is intense and distressing.

Chronic Trauma

Chronic trauma occurs from repeated and prolonged exposure to highly stressful events.

Complex Trauma

Complex trauma results from exposure to multiple traumatic events, often of an invasive, interpersonal nature.



Trauma vs. PTSD

Trauma	Refers to the event and the immediate emotional response. It can cause significant distress and impact an individual's mental and emotional state.
Post-Traumatic Stress Disorder	A prolonged mental health condition that may develop following trauma. PTSD involves ongoing symptoms such as intrusive memories, avoidance, negative changes in thinking and mood, and alterations in arousal and reactivity.

STRESS AND TRAUMA

It's important to understand the differences between stress and trauma as they impact our mental health in distinct ways. This worksheet will help you identify these differences and recognize how each can affect you.

Stress

Stress is the body's response to any demand or challenge. It can be triggered by both positive and negative experiences. While stress is a normal part of life, chronic stress can have serious impacts on health.

Trauma

Trauma is a response to a deeply distressing or disturbing event that overwhelms an individual's ability to cope. It often results in feelings of helplessness, diminished sense of self, and inability to feel a full range of emotions.

Aspect	Stress	Trauma
Nature	Normal response to demands and challenges	Response to deeply distressing or disturbing events
Duration	Typically short-term and resolves after the stressor	Can be long-lasting and persist long after the event
Symptoms	Headaches, fatigue, irritability, difficulty sleeping	Flashbacks, severe anxiety, emotional numbness
Impact	Can motivate and enhance performance in small doses	Often debilitating and interferes with daily functioning
Treatment	Stress management techniques, relaxation exercises	Professional therapy, support groups, specialized treatments

TYPES OF TRAUMA

Trauma can have various origins and manifestations. The DSM-5 (Diagnostic and Statistical Manual of Mental Disorders, 5th Edition) categorizes trauma-related disorders to help in the diagnosis and treatment of individuals affected by traumatic experiences.

Acute Stress Disorder (ASD)

ASD occurs in the immediate aftermath of a traumatic event, with symptoms typically lasting from three days to one month following the event. Individuals with ASD may experience a range of symptoms similar to PTSD.

Post-Traumatic Stress Disorder (PTSD)

PTSD is a long-term condition that can develop after exposure to a traumatic event. Symptoms persist for more than one month and can significantly impair daily functioning.

Adjustment Disorders

Adjustment disorders occur in response to a significant life change or stressor. Individuals experience emotional or behavioral symptoms that are disproportionate to the event.

Reactive Attachment Disorder (RAD)

RAD is a condition found in children who have experienced severe neglect or abuse, leading to difficulties in forming healthy attachments with caregivers.

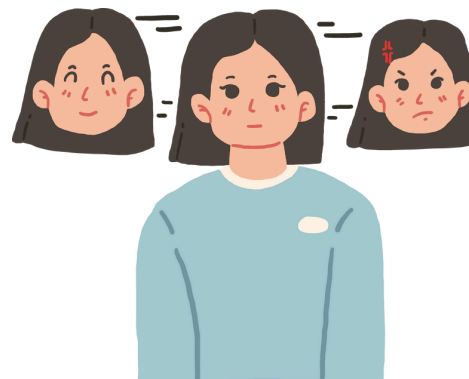
Disinhibited Social Engagement Disorder (DSED)

DSED is characterized by a pattern of behavior in which a child actively approaches and interacts with unfamiliar adults, often as a result of severe social neglect.



UNDERSTANDING DISSOCIATION

Dissociation is a mental process that causes a lack of connection in a person's thoughts, memory, and sense of identity. It is often a response to trauma or extreme stress and can interfere with a person's everyday functioning. Understanding dissociation is the first step toward managing its symptoms and improving overall well-being.



Types of Dissociation:

- Depersonalization: Feeling detached from your own body or thoughts, as if you are an outside observer.
- Derealization: Feeling as if the external environment is strange or unreal.
- Amnesia: Memory loss for certain periods, events, or personal information.
- Identity Confusion or Alteration: Feeling uncertain about who you are or experiencing a shift in identity.

Causes of Dissociation

- Trauma: Physical, emotional, or sexual abuse, accidents, natural disasters, or combat experiences.
- Stress: Extreme or chronic stress can trigger dissociative episodes.
- Lack of Sleep: Sleep deprivation can exacerbate dissociative symptoms.
- Substance Use: Drugs or alcohol can trigger or worsen dissociation.

Common Symptoms of Dissociation

- Emotional Numbness: Lack of emotional response to situations that typically elicit emotions.
- Memory Gaps: Inability to remember important personal information or events.
- Out-of-Body Experiences: Feeling as if you are observing yourself from outside your body.
- Feeling Detached: A sense of being disconnected from your surroundings or people around you.
- Altered Sense of Time: Time may feel sped up or slowed down.

UNDERSTANDING EMOTIONAL NUMBING

Emotional numbing is a common symptom of trauma and PTSD. Understanding emotional numbing is crucial for recognizing its effects and finding ways to manage and overcome it.

Emotional numbing is a coping mechanism that individuals may develop in response to trauma. It is characterized by a reduced ability to feel emotions, both positive and negative. This can lead to a sense of disconnection from oneself and others.

Symptoms of Emotional Numbing

- **Lack of Emotional Response:** Difficulty experiencing emotions, even in situations that would typically provoke a strong emotional reaction.
- **Feeling Detached or Disconnected:** A sense of being disconnected from your own feelings, thoughts, or experiences.
- **Loss of Interest in Activities:** Reduced interest in activities that were once enjoyable or meaningful.
- **Reduced Ability to Express Emotions:** Difficulty expressing emotions to others, leading to challenges in relationships and communication.
- **Avoidance of Emotional Situations:** Avoiding situations or activities that might provoke strong emotions.
- **Feeling Empty or Hollow:** A pervasive sense of emptiness or hollowness inside.

Impact of Emotional Numbing

- **Relationships:** Emotional numbing can strain relationships, as loved ones may feel shut out or disconnected.
- **Personal Well-being:** Numbing emotions can prevent healing and recovery, leading to a prolonged sense of distress.
- **Daily Functioning:** It can interfere with daily activities and responsibilities, leading to a lack of motivation or purpose.

EFFECTS OF TRAUMA

Trauma can have profound and lasting effects on an individual's mental, emotional, physical, and behavioral well-being. The impact of trauma varies from person to person, and understanding these effects is crucial for recognizing the signs and supporting the healing process. This section explores the different ways trauma can manifest and affect various aspects of life, highlighting the importance of addressing and managing these effects to promote recovery and resilience.



Emotional Effects

- Anxiety and fear
- Sadness and depression
- Anger and irritability
- Guilt and shame

Physical Effects

- Fatigue and exhaustion
- Sleep disturbances
- Headaches and muscle tension
- Changes in appetite

Cognitive Effects

- Difficulty concentrating
- Memory problems
- Confusion and disorientation
- Negative thoughts about self and others

Behavioral Effects

- Withdrawal from others
- Changes in eating or sleeping habits
- Increased use of alcohol or drugs
- Engaging in risky behaviors

MIND-BODY CONNECTION

The mind-body connection is the link between our thoughts, emotions, and physical health. Understanding this connection can help you manage stress, improve well-being, and foster a healthier relationship with your body. Use this worksheet to explore how your mind and body interact and identify ways to enhance this connection.

Identifying Physical Reactions to Emotions

Our bodies often react to our emotions in physical ways. Understanding these reactions can help you recognize and manage your emotional responses.

Emotion	Physical Reaction

Mindfulness and Awareness

Mindfulness can help you become more aware of the mind-body connection. Practice mindfulness to observe how your thoughts and feelings affect your physical state.

Describe a recent experience where you practiced mindfulness. How did it affect your awareness of the mind-body connection?

WAYS TO ADDRESS TRAUMA

Addressing trauma involves multiple approaches, including professional treatment, self-care practices, and social support. This worksheet will help you explore different ways to manage and heal from trauma. Use this page to consider various methods and plan how to incorporate them into your life.



Professional Treatment

Professional treatment can provide structured and specialized support for managing trauma. Consider therapy, counseling, medication, or other medical interventions.



Self-Care Practices

Self-care practices are activities that promote your overall well-being and help you manage stress and trauma. These can include exercise, meditation, journaling, and more.



Social Support

Social support from friends, family, and community can provide emotional comfort and practical help. Identify the people and groups that offer you support.



Other Methods

There are many other methods to address trauma, including creative activities, spiritual practices, and alternative therapies.

SUPPORTING SOMEONE

Supporting someone who is going through trauma can be challenging, but it is incredibly important. This worksheet provides guidance on how to offer compassionate and effective support to someone in need.

Understanding Trauma

Learn about the common reactions and symptoms of trauma.

- Emotional symptoms: anxiety, depression, mood swings.
- Physical symptoms: fatigue, sleep disturbances, headaches.
- Behavioral symptoms: withdrawal, changes in eating habits, irritability.

Active Listening

Practice active listening skills to ensure the person feels heard and understood.

- Give your full attention.
- Use body language that shows you are engaged (nodding, eye contact).
- Avoid interrupting or offering unsolicited advice.

Providing Emotional Support

Offer words of encouragement and reassurance.

- Validate their feelings: "It's okay to feel this way."
- Reassure them of your support: "I'm here for you, no matter what."

Encouraging Professional Help

Encourage the person to seek professional help if needed.

- Provide information on finding a therapist or counselor.
- Offer to help make the appointment or go with them.



HOW TRAUMA IS AFFECTING MY LIFE

Understanding how trauma is affecting your life can help you identify areas that need attention and support. This worksheet will guide you through exploring the impact of trauma on various aspects of your life. Use this page to reflect on and document these effects.

Emotional Impact	How is trauma affecting your emotions? Consider feelings of anxiety, depression, anger, sadness, or numbness.	
Physical Impact	How is trauma affecting your physical health? Consider symptoms like fatigue, headaches, muscle tension, sleep disturbances, or changes in appetite.	
Behavioral Impact	How is trauma affecting your behavior? Consider changes in your daily activities, social interactions, work performance, or coping mechanisms.	
Cognitive Impact	How is trauma affecting your thoughts and cognitive abilities? Consider difficulties with concentration, memory, decision-making, or negative thought patterns.	
Social Impact	How is trauma affecting your relationships and social interactions? Consider changes in your interactions with family, friends, and colleagues.	

MY STORY

This worksheet is dedicated to helping you articulate your trauma experience. Writing about your trauma can be a powerful step in the healing process. Take your time and be gentle with yourself as you work through these prompts.

Remember, you are in control of how much or how little you share.

Describe the Event

Begin by describing the event(s) that led to your trauma.

Emotional and Physical Impact

How did this experience affect you emotionally and physically? Reflect on your feelings, thoughts, and any physical reactions you had.

Changes in Your Life

In what ways has this trauma changed your life? Consider changes in your relationships, daily activities, beliefs, and overall well-being.

WEEKLY REFLECTIONS

Weekly reflections provide an opportunity to look back on your week, recognize progress, identify challenges, and plan for the future. This practice helps you stay mindful of your healing journey and reinforces positive changes.

Progress Made This Week

What are some accomplishments or positive changes you noticed?

How did you handle challenges differently than before?

Emotional and Physical Well-being

How did you feel emotionally?

How did you feel physically?

Did you notice any patterns or changes in your well-being?

PTSD SYMPTOM TRACKER

Tracking your PTSD symptoms can help you identify patterns and triggers, and monitor your progress over time. Use this worksheet to record your symptoms daily and reflect on your well-being.

Use the table below to track your PTSD symptoms each day. Rate the intensity of each symptom on a scale from 0 (not present) to 10 (most severe).

Date	Flashbacks/ Intrusive Thoughts	Avoidance	Hyperarousal	Negative Mood	Sleep Disturbances	Other Symptoms (Specify)

SELF-ASSESSMENT CHECKLIST

Use this checklist to identify potential symptoms of PTSD. Mark the symptoms you have experienced in the past month. If you identify several symptoms, consider seeking support from a mental health professional.

- ☐ Recurrent, involuntary, and intrusive distressing memories of the traumatic event
- ☐ Recurrent distressing dreams related to the traumatic event
- ☐ Dissociative reactions (e.g., flashbacks) in which you feel the traumatic event is recurring
- ☐ Intense or prolonged psychological distress at exposure to cues that symbolize the traumatic event
- ☐ Marked physiological reactions to reminders of the traumatic event
- ☐ Persistent avoidance of memories, thoughts, or feelings related to the traumatic event
- ☐ Avoidance of external reminders (people, places, activities) that arouse distressing memories
- ☐ Inability to remember an important aspect of the traumatic event
- ☐ Persistent and exaggerated negative beliefs or expectations about oneself, others, or the world
- ☐ Persistent distorted blame of self or others about the cause of the traumatic event
- ☐ Persistent negative emotional state (e.g., fear, horror, anger, guilt, or shame)
- ☐ Markedly diminished interest or participation in significant activities
- ☐ Feelings of detachment or estrangement from others
- ☐ Persistent inability to experience positive emotions
- ☐ Irritable behavior and angry outbursts with little or no provocation
- ☐ Reckless or self-destructive behavior
- ☐ Hypervigilance
- ☐ Exaggerated startle response
- ☐ Problems with concentration
- ☐ Sleep disturbance (e.g., difficulty falling or staying asleep, restless sleep)

RISK AND PROTECTIVE FACTORS

Understanding the risk and protective factors that influence your PTSD can help you manage its impact more effectively. This worksheet will guide you through identifying these factors in your life. Use this page to reflect on and document your personal risk and protective factors.

Risk factors	Protective factors
Risk factors are aspects of your life or environment that can increase the likelihood of experiencing PTSD symptoms.	Protective factors are aspects of your life or environment that can help reduce the impact of PTSD and support your resilience.

IDENTIFY YOUR NEEDS

Understanding your needs is essential for promoting well-being and ensuring you receive the support and resources you require. This worksheet will guide you through identifying and prioritizing your physical, emotional, social, and practical needs.

Physiological Needs

Basic needs for human survival.

Love and Belonging Needs

Interpersonal relationships and affection.

Self-Actualization Needs

Achieving one's potential and self-fulfillment

Safety Needs

Security and safety in various aspects of life.

Esteem Needs

Self-esteem and respect from others.

Other needs

Needs that contribute to well-being.

TRIGGERS FOR PTSD SYMPTOMS

Triggers are stimuli that can cause you to re-experience your trauma or feel distress. Identifying these triggers is the first step in managing your response to them. By understanding your triggers, you can develop strategies to cope with them effectively.

Situation	Trigger	Intensity

TRIGGERS AND RESPONSES

Understanding your trauma triggers and responses can help you manage and reduce their impact. This worksheet will guide you through identifying your triggers and mapping out your typical responses. Use this information to develop strategies for coping and healing.

Trigger	Emotional Response	Physical Response	Behavioral Response

DEVELOP COPING STRATEGIES

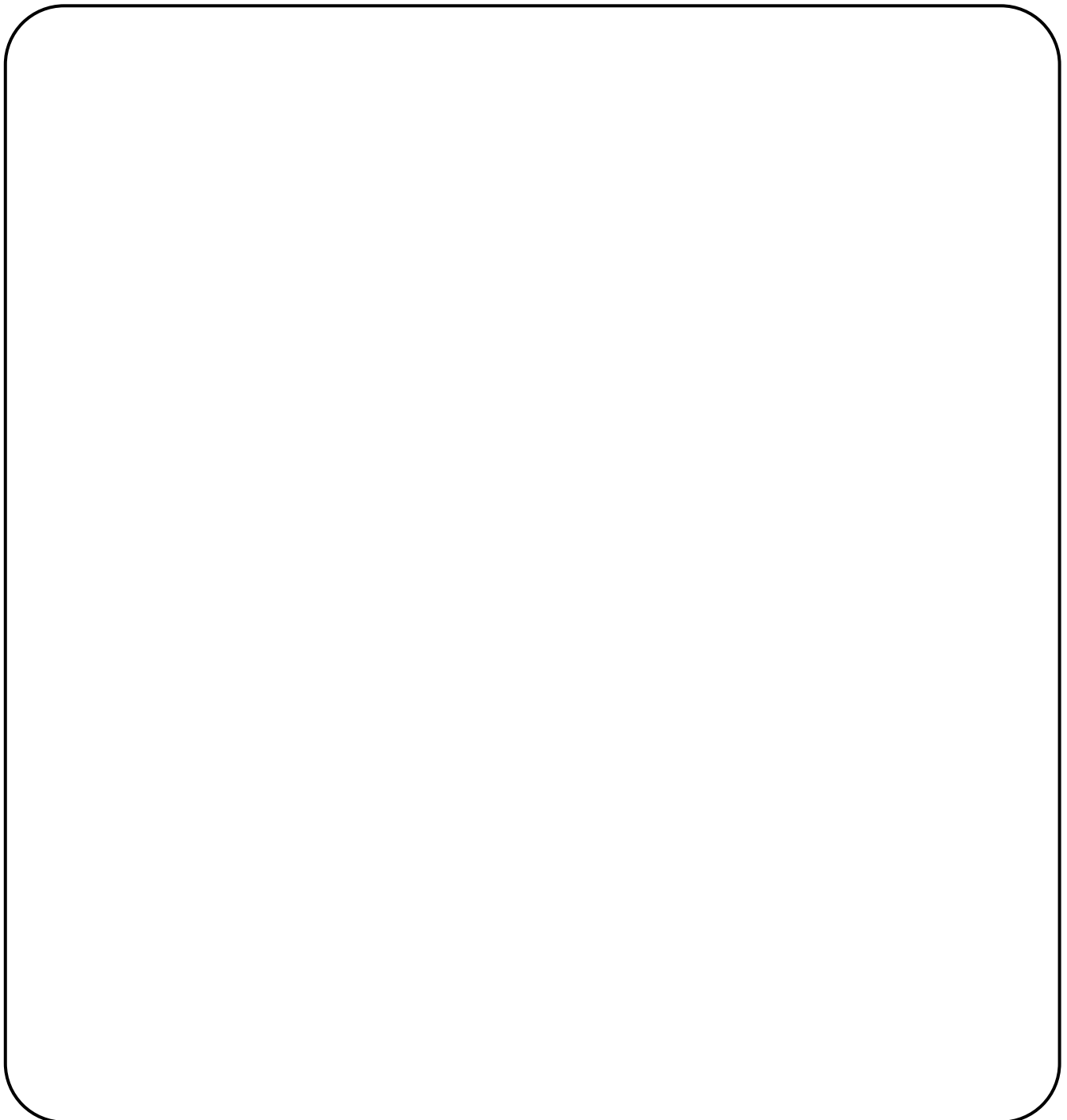
For each trigger, develop healthy coping strategies for managing your emotional, physical, and behavioral responses. Consider what has helped in the past and what new strategies you can try.

Trigger	Coping strategies		
	Emotional Response	Physical Response	Behavioral Response

RESILIENCE MAP

Create a resilience map that visually represents your strengths and resources.

- Draw a map that includes your personal strengths, supportive relationships, and external resources.
- Use colors, symbols, and labels to make your map engaging and meaningful.

A large, empty rounded rectangle box with a black border, intended for drawing a resilience map. The box is white and occupies the central portion of the page below the instructions.

RESILIENCE BUILDING BINGO

Complete a Resilience Building Bingo by engaging in various activities that promote resilience.

Check off each activity as you complete it. Aim to complete a row, column, or the entire board.

Exercise	Meditate	Volunteer	Read a self-help book	Connect with a friend
Try a new hobby	Journal	Practice deep breathing	Attend a workshop	Cook a healthy meal
Take a nature break	Go for a walk	Create an art project	Do a random act of kindness	Listen to music
Practice yoga	Write a positive affirmation	Reflect on your strengths	Set a short-term goal	Dance like no one is watching

GRATITUDE AND POSITIVITY

Each day, write down three things you are grateful for. These can be big or small, anything that brings you joy or comfort.

Day	What you are grateful for
Monday	
Tuesday	
Wednesday	
Thursday	
Friday	

DISTRESS TOLERANCE SKILLS

This worksheet is designed to help you develop and practice distress tolerance skills. These skills can help you manage distressing emotions and situations in a healthy way. Use the sections below to learn about different distress tolerance skills and track your experiences and their effectiveness.

Distraction Techniques

Use distraction to temporarily divert attention from distressing emotions or situations.

- Activities: Engage in an activity you enjoy (e.g., reading, watching a movie, playing a game).
- Contributing: Help someone else or volunteer.
- Opposite Emotions: Do something that creates a different emotion (e.g., watch a funny video to counteract sadness).
- Pushing Away: Temporarily leave the situation mentally or physically.
- Other Thoughts: Focus on something else (e.g., count backward from 100, do a puzzle).

Self-Soothing Techniques

Use self-soothing techniques to comfort yourself during distressing times.

- Sight: Look at something comforting (e.g., a favorite photo, nature).
- Hearing: Listen to soothing music or sounds.
- Smell: Use a pleasant scent (e.g., essential oils, a scented candle).
- Taste: Eat or drink something comforting (e.g., a favorite treat, warm tea).
- Touch: Engage in a comforting touch (e.g., a soft blanket, a warm bath).

Improving the Moment Techniques

- Imagery: Visualize a peaceful place or positive experience.
- Meaning: Find or create meaning in the distressing situation.
- Prayer: Use prayer or meditation to seek comfort and guidance.
- Relaxation: Practice relaxation techniques (e.g., deep breathing, progressive muscle relaxation).
- One Thing in the Moment: Focus fully on one activity or task.

Reflection

Which skills were most effective for you?

How did practicing these skills affect your ability to tolerate distress?

ART THERAPY EXERCISES

This worksheet provides art therapy exercises to help individuals express and process their emotions creatively.

Drawing Emotions

Draw a picture that represents your current emotions. Use colors, shapes, and lines to convey how you feel.

Creating a Collage

Use magazines, newspapers, or other materials to create a collage that represents your journey through trauma and healing.

Safe Space Visualization

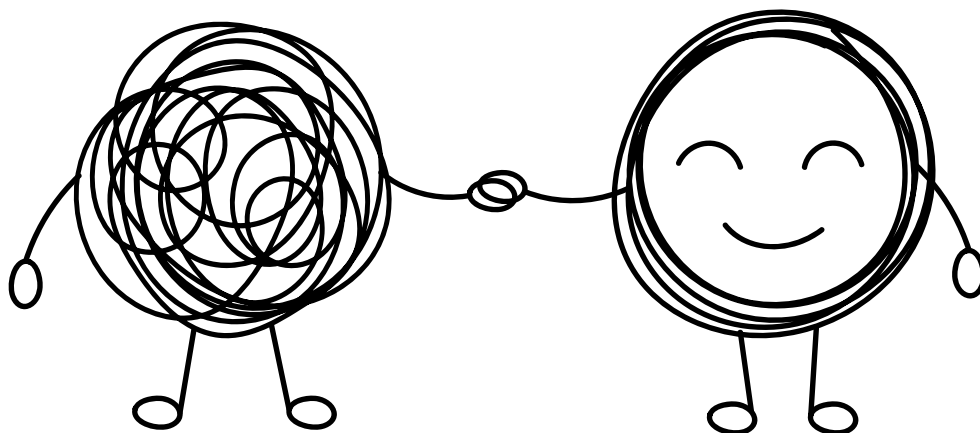
Draw or paint a picture of your mental safe space. This is a place where you feel completely secure and at peace.

Mandala Creation

Create a mandala using colors and patterns that reflect your inner world. Mandalas can be a powerful tool for meditation and self-expression.

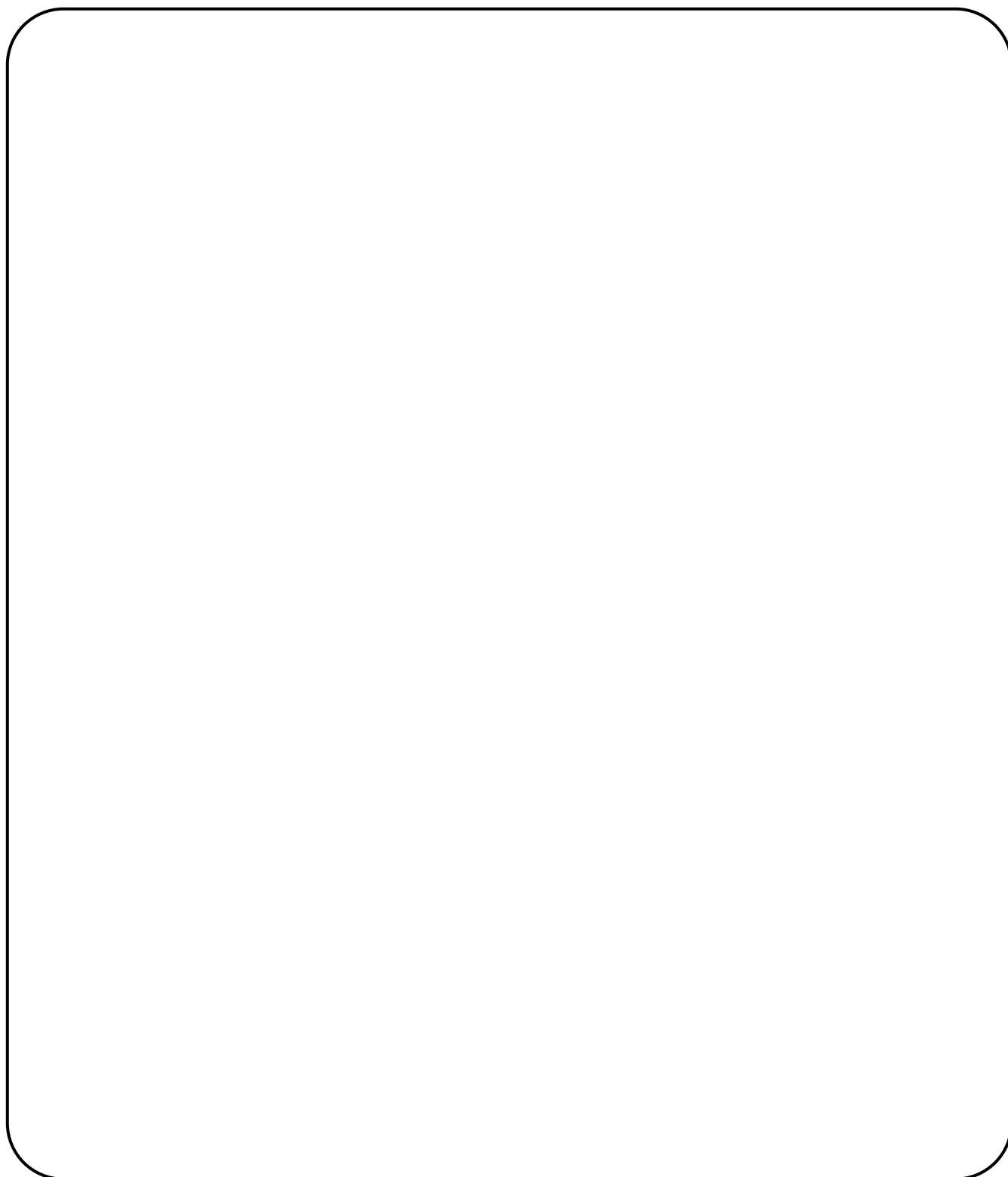
Emotion Mask

Design a mask that shows how you present yourself to the world on the outside versus how you feel on the inside.



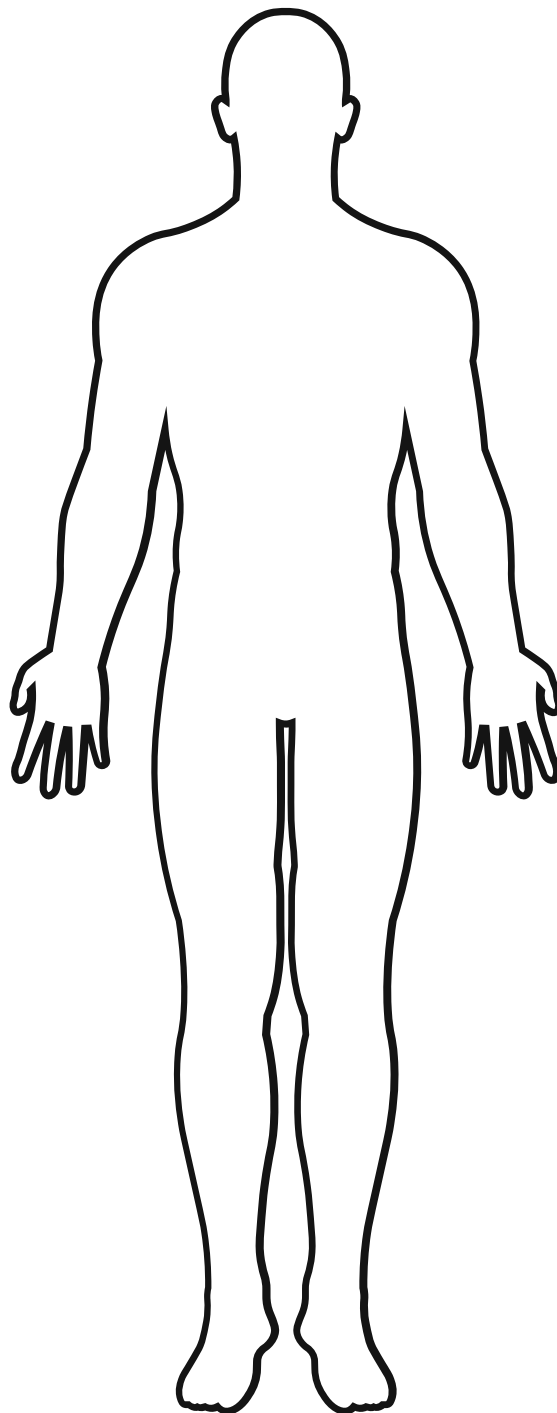
VISUAL EXPRESSION

Sometimes words aren't enough to express what you're feeling. Use this space to draw or create a visual representation of your emotions.



TRAUMA IN MY BODY

Use the body outline below to mark the location of your symptoms. Indicate the severity, frequency, sensation, and/or emotion associated with each symptom. This can help in understanding the physical manifestation of trauma and PTSD symptoms.



SLEEP LOG

Tracking nightmares and sleep disturbances can help identify patterns and triggers, aiding in better management and understanding of your sleep experiences.

Date and time	Description	Triggers (if known)	Impact on Sleep Quality

NIGHTMARES: PATTERNS AND TRIGGERS

Nightmares are unsettling experiences that can disrupt sleep and affect emotional well-being. Reflecting on the patterns and triggers of nightmares is an important step towards understanding their underlying causes and developing effective strategies for management.

What themes or scenarios often appear in your nightmares?

Describe common elements such as settings, characters, or situations.

What events or situations typically precede your nightmares?

List specific triggers such as stressful events, specific emotions, or recurring thoughts.

How do you typically feel emotionally during and after nightmares?

Describe your emotional responses and physical reactions.

MANAGING DISSOCIATION

Dissociation is a common response to trauma and stress, characterized by feeling disconnected from your thoughts, feelings, or surroundings. This worksheet is designed to help you understand and manage dissociative symptoms by reflecting on your experiences, identifying triggers, and developing grounding techniques.

Understanding Your Emotional Numbing

Describe a recent dissociative episode.

How did you feel during and after this episode?

What thoughts or feelings did you have during the episode?

How has dissociation impacted your daily life and relationships?

EMOTIONAL NUMBING

Emotional numbing is a common symptom of trauma and PTSD, characterized by a reduced ability to feel emotions. This can lead to a sense of disconnection from yourself and others, impacting your relationships and daily life. This worksheet is designed to help you identify and manage symptoms of emotional numbing by reflecting on your experiences, recognizing triggers, and developing coping strategies.

Understanding Your Emotional Numbing

Describe a recent situation where you felt emotionally numb.

How did you feel during and after this situation?

What emotions do you find difficult to feel or express?

How has emotional numbing impacted your relationships and daily life?

EMOTION IDENTIFICATION CHART

Use this chart to track your emotions throughout the day. Recognizing and labeling your emotions can help you understand and manage them more effectively.

Emotion	Description
Happy	Feeling joy, pleasure, or contentment
Sad	Feeling sorrow, unhappiness, or grief
Angry	Feeling irritation, frustration, or rage
Fearful	Feeling scared, anxious, or threatened
Disgusted	Feeling revulsion or strong disapproval
Surprised	Feeling astonished or shocked
Calm	Feeling peaceful and relaxed
Confused	Feeling uncertain or unsure
Excited	Feeling enthusiastic and eager
Lonely	Feeling isolated or disconnected
Ashamed	Feeling guilt or embarrassment
Proud	Feeling pleased and satisfied with oneself
Anxious	Feeling nervous, worried, or uneasy
Hopeful	Feeling optimistic and positive about the future
Relieved	Feeling reassured and free from stress

EMOTION TRACKING CHART

Throughout the day, note the emotions you experience, their descriptions, the time you felt them, and any additional notes about the situation or triggers.

Time	Emotion	Description	Notes (Situation/Triggers)

MANAGING HYPERVIGILANCE

Hypervigilance is a state of heightened alertness and sensitivity to potential threats, often experienced by individuals with trauma and PTSD. This worksheet is designed to help you understand and manage hypervigilance by reflecting on your experiences, identifying triggers, and developing coping strategies.

Reflect on your experiences with hypervigilance and answer the following questions to better understand your symptoms.

Understanding Your Hypervigilance

Describe a recent situation where you felt hypervigilant.

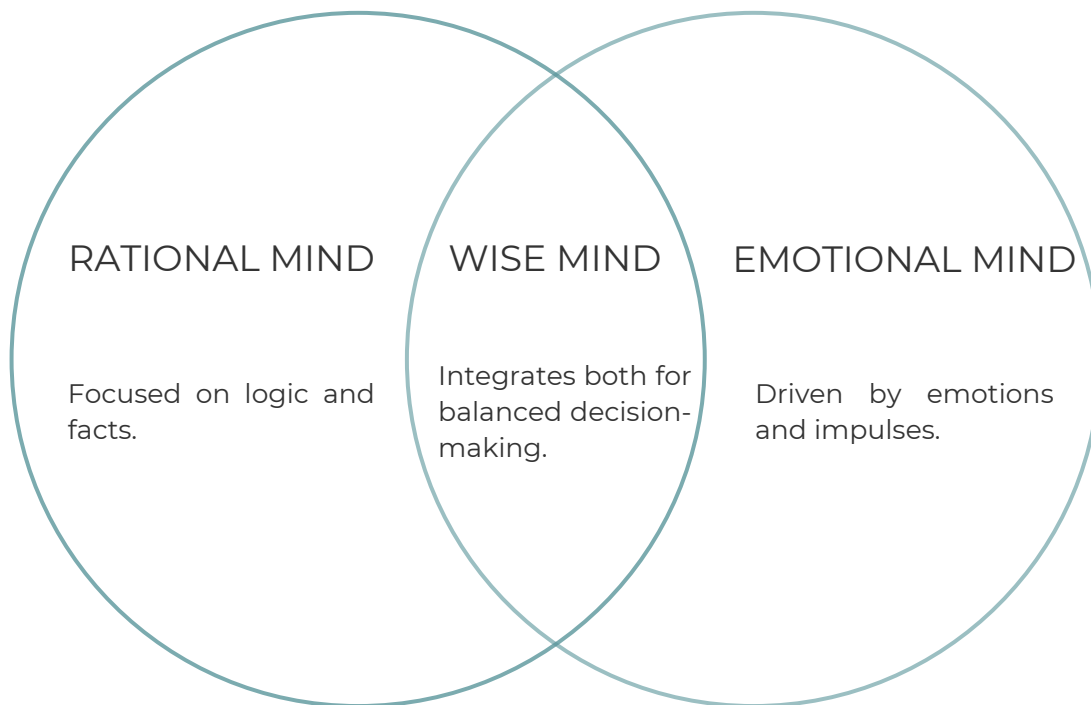
How did you feel during and after this situation?

What emotions do you find difficult to feel or express?

How has hypervigilance impacted your daily life and relationships?

WISE MIND

The Wise Mind concept from Dialectical Behavior Therapy (DBT) helps you balance your emotional mind and rational mind to make decisions that are both thoughtful and intuitive. This worksheet will guide you through the process of accessing your Wise Mind.



Rational mind

Emotional mind

Accessing Wise Mind

Now, combine the insights from your Emotion Mind and Reasonable Mind to find your Wise Mind. What would your Wise Mind say or do in this situation?

EXPOSURE HIERARCHY

Creating an exposure hierarchy helps you gradually face trauma-related fears in a controlled and manageable way. By breaking down your fears into smaller steps, you can build confidence and reduce anxiety over time. Use this worksheet to create your own exposure hierarchy.

		FEAR PROVOKING SITUATION
↑ FEAR RATING SCALE	10	
	9	
	8	
	7	
	6	
	5	
	4	
	3	
	2	
	1	
	0	

Gradually facing your fears can be challenging but also empowering. Remember to take it one step at a time and celebrate your progress along the way.

GROUNDING TECHNIQUES

Grounding techniques help you stay connected to the present moment, reducing anxiety and stress. These methods anchor you in reality, making it easier to manage overwhelming feelings.

5-4-3-2-1 Method

Identify 5 things you can see, 4 things you can touch, 3 things you can hear, 2 things you can smell, and 1 thing you can taste.

Deep Breathing

Focus on your breath, inhaling deeply for a count of 4, holding for a count of 4, and exhaling for a count of 4.

Body Awareness

Pay attention to different parts of your body, starting from your toes and moving up to your head.

Reflection

Which grounding technique worked best for you and why?

How did these techniques affect your feelings and thoughts?

SENSORY GROUNDING TECHNIQUES

Use these sensory grounding techniques to help manage PTSD symptoms. Engage your senses to stay present and reduce the intensity of distressing emotions or memories. Practice these techniques regularly to find what works best for you.



Touch

Hold a comforting object like a stress ball, blanket, or smooth stone.



Sound

Listen to soothing music, nature sounds, or white noise.



Sight

Look at calming images or watch a relaxing video.



Smell

Use a scented lotion, essential oils, or smell a favorite candle.



Taste

Suck on a mint, chew gum, or drink a calming tea.

PHYSICAL GROUNDING TECHNIQUES

Use these physical grounding techniques to help manage PTSD symptoms. Engage your body to stay present and reduce the intensity of distressing emotions or memories. Practice these techniques regularly to find what works best for you.

List of Physical Grounding Techniques

- Stomp your feet on the ground.
- Hold onto a sturdy object.
- Run cool or warm water over your hands.
- Press your palms together firmly.
- Walk barefoot on grass or a soft surface.

Which physical grounding techniques have you tried?

Reflect on which techniques you have experimented with.

Which techniques work best for you?

Identify the techniques that have been most effective for you.

How do you feel after practicing these techniques?

Describe the changes in your physical and emotional state after using these techniques.



IMAGINE A SAFE SPACE

Use this guided visualization exercise to create a mental image of a safe space. Visualizing a safe space can help you feel calm and secure, reducing the intensity of distressing emotions or memories. Follow the steps below and take your time to fully immerse yourself in the visualization.

1. Find a quiet and comfortable place to sit or lie down.
2. Close your eyes and take a few deep breaths, in through your nose and out through your mouth.
3. Imagine a place where you feel completely safe and relaxed. This could be a real place or an imaginary one.
4. Visualize the details of this place: What does it look like? What colors do you see? What objects or features are present?
5. Focus on the sounds: What do you hear in your safe space? Are there any calming sounds like birds singing, waves crashing, or leaves rustling?
6. Pay attention to the smells: Can you smell anything pleasant or soothing in your safe space?
7. Notice the sensations: How does it feel to be in this place? Is there a gentle breeze? Are you sitting on something soft?
8. Spend a few minutes fully immersing yourself in this safe space, allowing yourself to feel calm and secure.
9. When you are ready, slowly bring your attention back to the present moment and open your eyes.
10. Reflect on how you feel after the visualization exercise.



MY SAFE PLACE

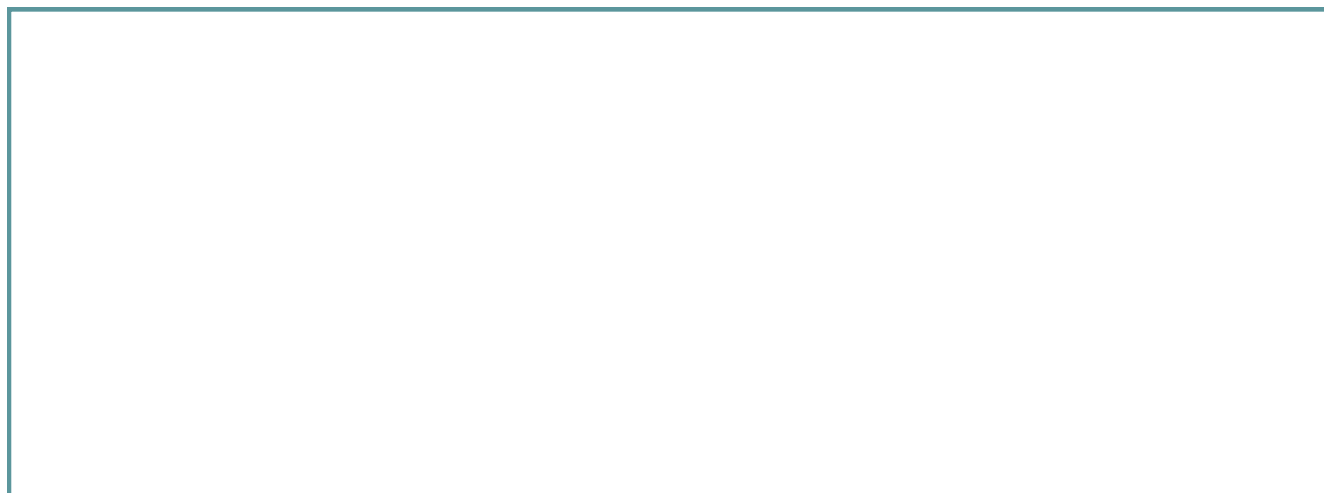
Reflecting on your safe place can help you gain valuable insights into your sense of security and peace. This process can highlight what makes you feel safe, identify ways to recreate that feeling, and guide you towards healthier and more fulfilling mental and physical environments. Use this page to thoughtfully consider your safe place and your relationship with it.

Describe Your Safe Place

Think about a place where you feel completely safe and at peace. Describe this place in detail.

Draw or Visualize Your Safe Place

Draw a picture of your safe place or visualize it in your mind. Use the space below to illustrate what it looks like.



Sensory Details

What do you see, hear, smell, taste, and feel in your safe place? Use sensory details to make your description as vivid as possible.

I see _____

I hear _____

I feel _____

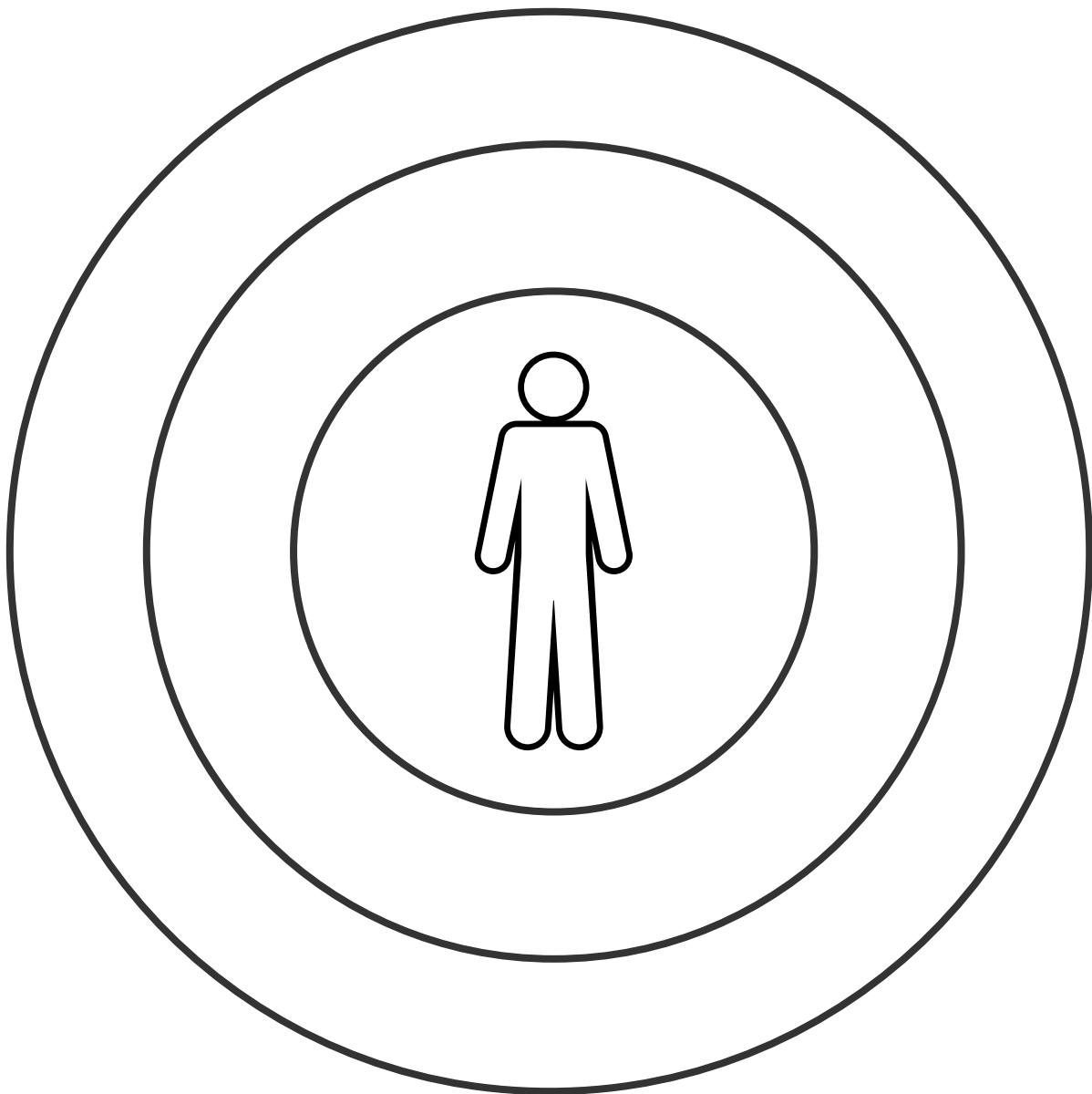
I smell _____

I taste _____

MY CIRCLE OF SAFETY

The 'Circle of Safety' helps you visualize the different levels of support in your life. The innermost circle represents those who are closest to you and provide the most support. The outer circles represent other supportive people and resources.

- Innermost Circle: Closest and most supportive relationships
- Middle Circle: Important and supportive relationships
- Outer Circle: General support and resources



COPING STRATEGIES

Use this list of effective coping strategies to help manage trauma-related stress. Incorporate these strategies into your daily routine to reduce stress and promote healing. Experiment with different techniques to find what works best for you.

List of Physical Grounding Techniques

- Practice mindfulness and meditation to stay present.
- Engage in regular physical exercise.
- Maintain a balanced and healthy diet.
- Establish a consistent sleep routine.
- Connect with supportive friends and family.
- Set realistic goals and break tasks into manageable steps.
- Use deep breathing exercises to calm the mind and body.
- Keep a journal to express thoughts and emotions.
- Participate in hobbies and activities you enjoy.
- Seek professional support from a therapist or counselor.

Which coping strategies have you tried?

Reflect on which strategies you have experimented with.

Which strategies work best for you?

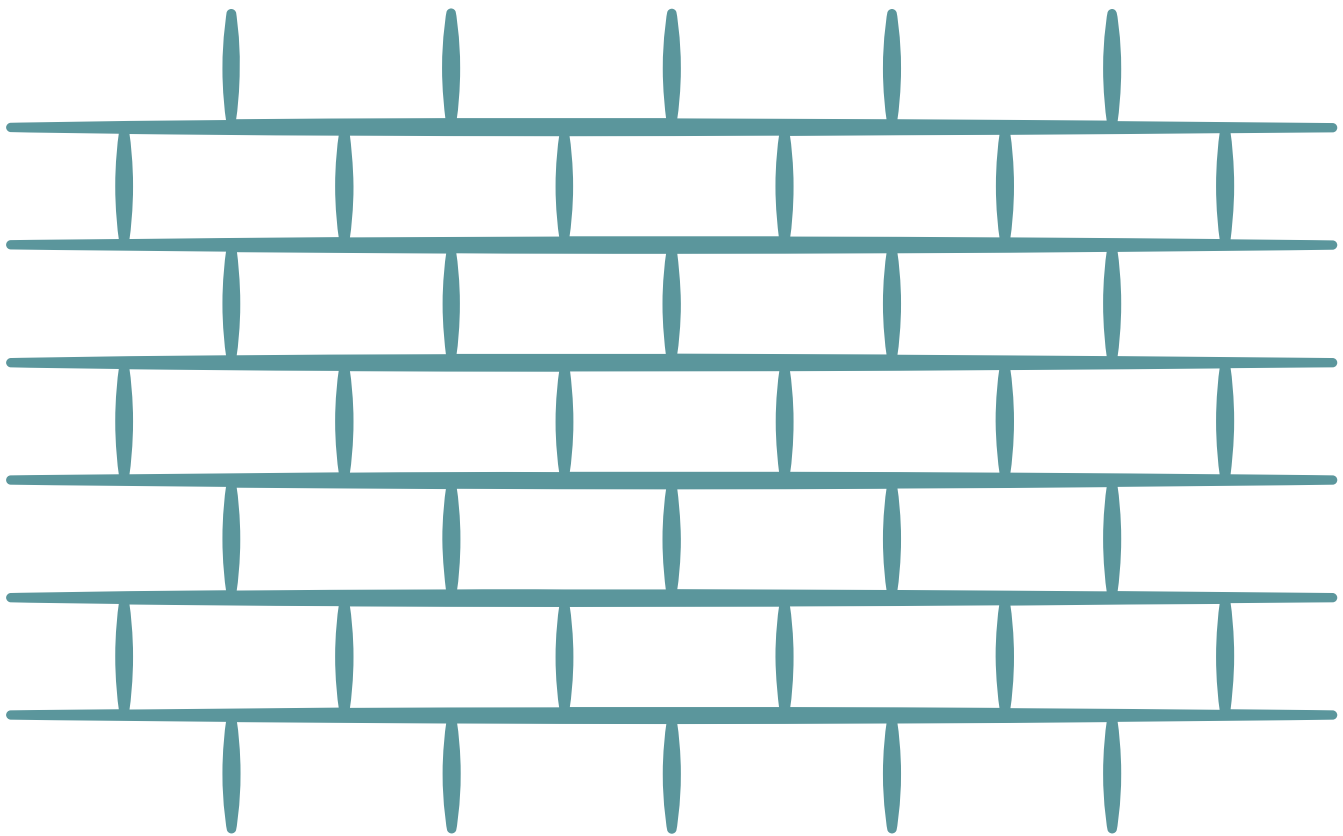
Identify the strategies that have been most effective for you.

How do you feel after practicing these strategies?

Describe the changes in your physical and emotional state after using these strategies.

SAFE PEOPLE

Use this worksheet to identify safe people in your life who you can trust and rely on. Building a support system is crucial for managing trauma-related stress and promoting healing. Think about people who make you feel safe, respected, and supported. Write the names of these people on the bricks below, representing what holds you together.



How do these people make you feel safe and supported?

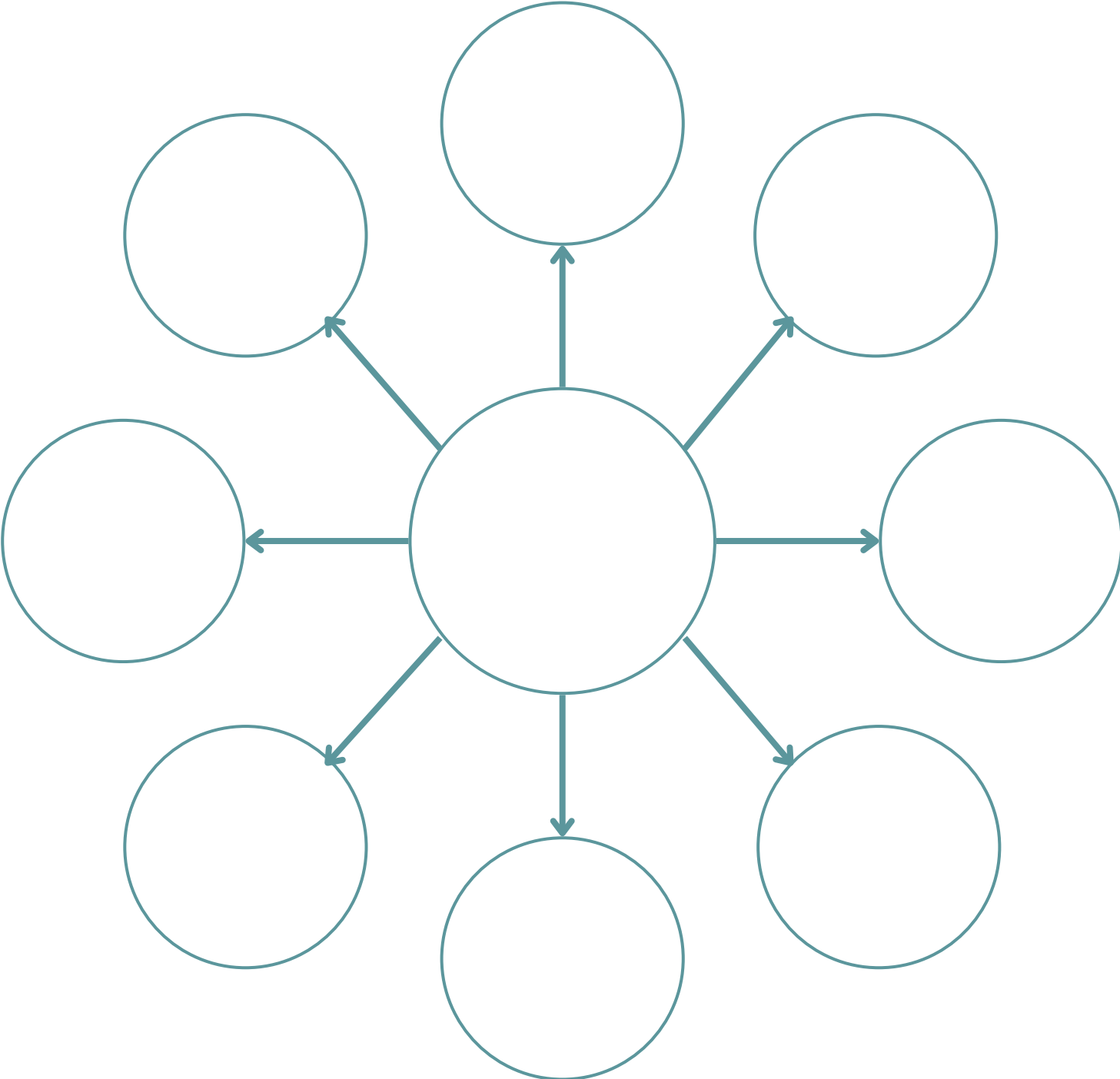
Describe the ways in which these individuals provide safety and support.

How can you strengthen your relationship with these safe people?

Think about steps you can take to maintain and enhance your connections with these individuals.

PROFESSIONALS I CAN TRUST

Utilize this worksheet to pinpoint trustworthy professionals in your life whom you can depend on. Establishing a network of reliable professionals is vital for handling stress related to trauma and fostering recovery. Consider individuals who provide you with a sense of security, respect, and encouragement. Jot down their names within the circles below to form a supportive network.



TRUST AND SAFETY

Use this worksheet to reflect on when it feels safe to talk to someone trustworthy. Consider the characteristics of trustworthy individuals and the situations in which you feel comfortable sharing. Write your thoughts in the spaces provided.



What qualities make someone trustworthy?

Think about the characteristics that make a person trustworthy.

When do you feel most comfortable sharing your thoughts and feelings?

Identify the times or situations when you feel safe to open up.

How can you tell if someone is a good listener?

Reflect on the signs that indicate someone is actively listening and supportive.

What are the signs that it's a safe time to talk?

Consider the indicators that show it is a good time to have a conversation.

How do you feel after talking to a trustworthy person?

Describe your emotions and state of mind after sharing with someone you trust.

SOCIAL ENGAGEMENT TRACKER

Use this worksheet to note your social activities, rate your enjoyment and anxiety levels, and reflect on your overall social engagement. This will help you understand how social interactions affect your well-being and identify patterns that can guide future social activities.

Social Activities Log

Date	Activity Description	Enjoyment Level (1-10)	Anxiety Level (1-10)

Reflection on Social Engagement

Which social activities did you enjoy the most and why?

Which social activities caused the most anxiety and why?

What patterns do you notice in your social engagement?

ACTIVITIES FOR YOUR INNER CHILD

Engaging in activities that nurture and comfort your inner child can help heal emotional wounds and foster self-compassion. Use this worksheet to identify and plan activities that bring joy and comfort to your inner child, and reflect on the experience.

Activities

List Activities that Comfort and Nurture Your Inner Child

Plan a Time to Engage in These Activities

Activity	Date and time

Reflect on the Experience

What did you learn about your inner child through these activities?

How can you continue to nurture and comfort your inner child?

INNER CHILD WORKSHEET

The concept of the inner child refers to the childlike aspects within all of us, including our feelings, memories, and experiences from childhood. Connecting with and healing the inner child can help address unresolved emotional wounds and foster self-compassion.



Exploring Childhood Experiences

Describe one of your earliest memories

What activities did you enjoy as a child?

List some significant events from your childhood (both positive and negative)

How did you feel during these significant events?

COMFORT FOR YOUR INNER CHILD

Write a letter to your inner child offering comfort and reassurance

[illegible]

ENCOURAGEMENT FOR YOUR INNER CHILD

Write a letter to your inner child offering encouragement and support

[illegible]

APOLOGY TO YOUR INNER CHILD

Write a letter to your inner child offering apologies for any neglect or hurt

[illegible]

MANAGING FLASHBACKS

Flashbacks are distressing experiences often triggered by reminders of past trauma. Learning to manage and reduce their intensity can significantly improve emotional well-being.

Identify Triggers

Identifying triggers that lead to flashbacks is the first step in managing them effectively.

Grounding Techniques

Grounding techniques help you stay connected to the present during a flashback.

Cognitive Coping Strategies

Challenge distorted thoughts and beliefs during a flashback to regain control.

Physical Relaxation

Relaxing your body can reduce the intensity of a flashback.

Seek Support

Seeking support from others is crucial during and after experiencing a flashback.

Regularly practicing these techniques can help you manage and reduce the intensity of flashbacks. Customize these strategies to suit your needs and revisit this worksheet as needed for ongoing support.



NAVIGATING FLASHBACKS

Flashbacks are intense, vivid memories of traumatic events. Learning to navigate and reduce the impact of flashbacks is a key part of PTSD management.

Describe Your Flashbacks

Write about your flashbacks, including what happens and how they make you feel.

- When do your flashbacks typically occur?
- What are the common triggers?
- Describe the sensations and emotions you experience during a flashback.

Reflection

What are the most common triggers for your flashbacks?

How do you feel physically and emotionally during a flashback?

Which grounding techniques have been most effective in managing your flashbacks, and why?

TIMELINE OF HEALING

Use the blank timeline below to mark significant events, achievements, and turning points in your healing process. Reflect on your journey, noting key moments that have contributed to your recovery and growth.



SAFETY AND COMFORT OBJECTS

Use this worksheet to list and describe personal safety objects that help you feel secure and comforted. Reflect on how and when to use these objects to enhance your well-being during stressful times.

Object	How It Provides Comfort and Safety	When to Use It

Use your tools!

How can you ensure these objects are easily accessible during times of need?

Where can you keep these objects so they are within reach when you need them most?

How can you remind yourself to use these objects when you feel anxious or stressed?

Can you carry any of these objects with you when you leave the house?

MENTAL HEALTH AID

This Mental Health Aid Worksheet for Trauma and PTSD helps you identify your own strategies to manage symptoms, recognize your support systems, and engage in self-care activities. Use this tool to promote your mental health and well-being on your recovery journey.



CRISIS MANAGEMENT PLAN

A crisis management plan is essential for preparing to handle emergencies effectively and calmly. This worksheet provides sections to identify potential crisis scenarios, list steps to manage them, and include emergency contact information.

Situation	Immediate Actions	Coping Strategies	Long-term Solutions

Contact Information

List important contacts you can reach out to in case of a crisis. Include primary and secondary contacts, healthcare providers, and mental health professionals.

Name	Relationship	Contact information

MY PERSONAL SAFETY PLAN

<p>Warning Signs</p> <p>List any warning signs that indicate a crisis may be developing (thoughts, feelings, behaviors, or physical symptoms)</p>		
<p>Coping skills</p> <p>Describe internal coping strategies you can use to ensure your safety.</p>		
<p>Distraction</p> <p>Identify places and people that can distract you during a crisis.</p>		
<p>Support</p> <p>Provide contact information for individuals you can reach out to for help and support.</p>		
Name	Relationship	Contact information
<p>Ask for help</p> <p>List professionals or agencies you can contact in case of an emergency.</p>		
Name	Relationship	Contact information
<p>Reducing Risks</p> <p>Create a safe environment by removing any potentially harmful items, such as objects used for self-harm, large quantities of alcohol, substances, or toxins.</p>		

