



Trauma, Triggers, & Tricks

Key Definitions:

Trauma: *an event or series of events, or set of circumstances that is experienced by an individual as physically or emotionally harmful or threatening, and has lasting adverse effects*

Negative coping skills: *“looking for the right thing in the wrong places”*

Positive coping skills: *healthy ways to meet common human needs (i.e. comfort, validation, social relationships, stress relief, anxiety relief, mood regulation, etc.)*

What trauma have you experienced thus far? (List below or draw a picture on the back that captures your trauma story) *Few examples: death of a parent or child, emotional absent parent, divorce, abuse, neglect, etc.*

What are your triggers? *(Few examples: rejection, failure, high levels of stress, etc.)*



Identify 5 behaviors that are a part of your life as a result of trauma or that you simply want to change, identify the purpose the behavior is currently serving, and identify a replacement behavior.

Behavior:	Need:	Replacement Behavior(s):
<i>Emotional Eating</i>	<i>Comfort, desire to decrease and cope with stress levels</i>	<i>Get sleep, exercise, and make time for relaxation</i>
<i>Busyness</i>	<i>Avoiding my feelings In society, worth is tied to productivity.</i>	<i>Acknowledge the importance of processing my feelings and find a method to do so, Make time for Play and Rest</i>
<i>Isolation</i>	<i>Protection from being hurt and from judgment</i>	<i>Find judgment free spaces through therapy, support groups, friends, etc. to be vulnerable.</i>
<i>Toxic Relationships</i>	<i>Companionship to combat loneliness, desire for validation, comfort</i>	<i>Cultivate the meaningful relationships in your life and forgive others Self-Affirmation Statements</i>
1.		
2.		
3.		
4.		
5.		



Here are some examples of healthy emotion-focused coping skills:

- Exercise
- Write in a journal
- Draw
- Listen to music
- Take a bath
- Play with a pet
- Spend time in nature
- Clean the house (or a closet, drawer, or area)
- Read a book
- Meditate
- Use aromatherapy
- Play a game with your kids
- Cook a meal
- Engage in a hobby
- Pray
- Practice breathing exercises
- List the things you feel grateful for
- Color
- Garden
- Do yoga
- Reframe the way you are thinking about the problem
- Use progressive muscle relaxation
- Picture your “happy place”
- Give yourself a pep talk
- Drink tea
- Squeeze a stress ball
- Put on lotion that smells good
- Look at landscape photos that help you feel relaxed
- Think of something funny
- Look at pictures that remind you of the people, places, and things that bring you joy
- Take care of your body in a way that makes you feel good (paint your nails, do your hair, put on a face mask)
- Smile
- Use a relaxation app
- Go for a walk