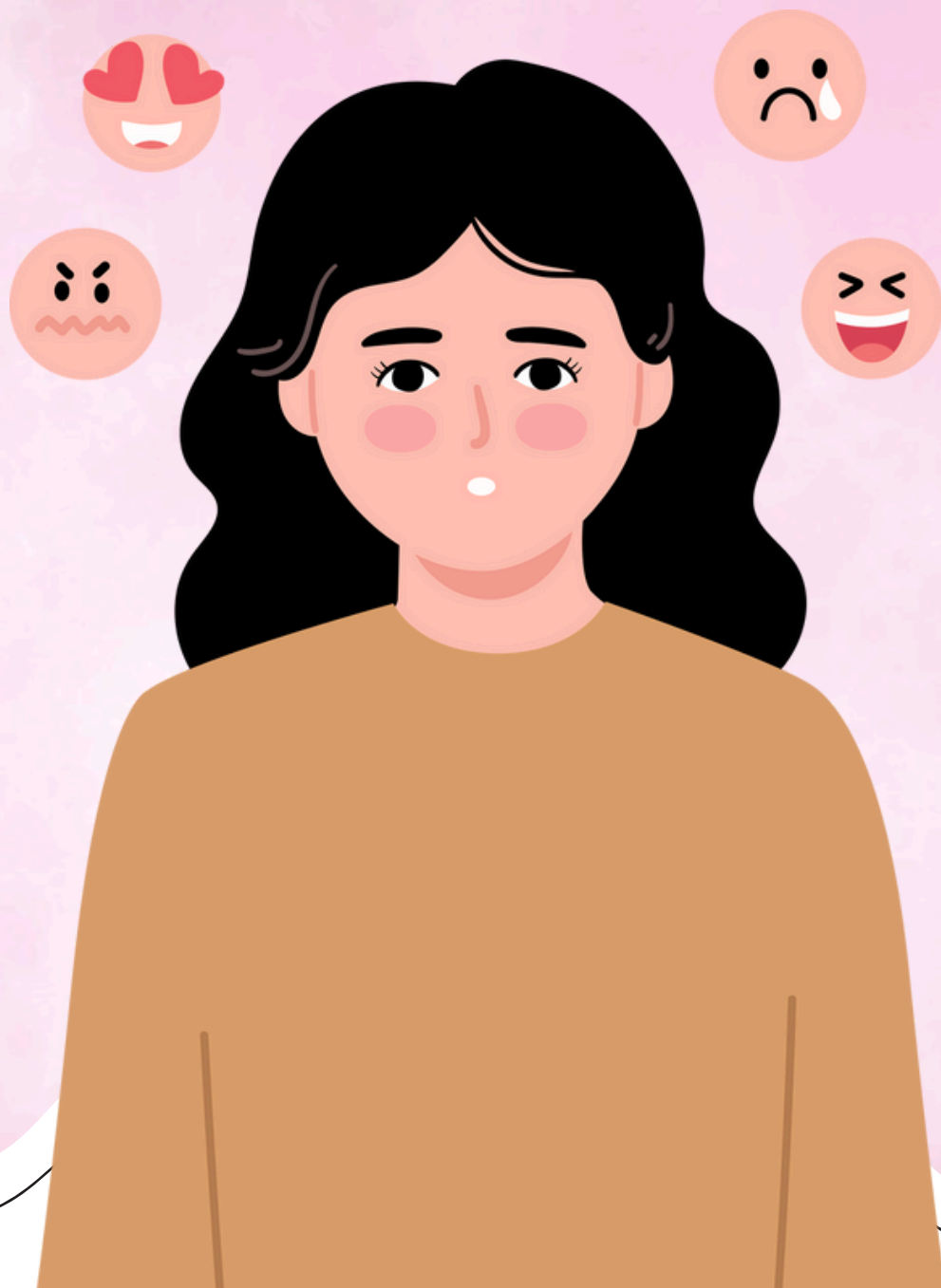


PTSD & Trauma Processing Workbook



This Book Belongs To

Daily Planner



DATE _____



TODAYS GOALS

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

WATER INTAKE



FRUIT / VEGETABLE



MOOD



TODAYS APPOINTMENT

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

TODAY I AM GRATEFUL FOR

THINGS TO GET DONE TODAY

Weekly Planner

Weekly priorities

Notes

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday

Checklist

Appointment

Reminder

Monthly Planner

MONTH:

YEAR:

MON	TUE	WED	THU	FRI	SAT	SUN

GOALS

NOTES

My Traumas

***USE THE SPACE BELOW TO DESCRIBE YOUR TRAUMAS. THE FIRST STEP TOWARDS
HEALING IS TO ACKNOWLEDGE YOUR TRAUMAS.***

My Traumas

TAKE THE TIME TO ACKNOWLEDGE WHAT HAD HAPPENED, HOW IT MADE YOU FEEL IN THE PAST AND HOW IT MAKES YOU FEEL NOW.

[illegible]

My Traumas

USE THE SPACE BELOW TO DRAW YOUR TRAUMAS IF YOU'RE HAVING A HARD TIME DESCRIBING THEM WITH WORDS.



Trauma Worksheet

What Am I Traumatised About?

What Can I Do To Overcome It?

My Action Plan

A Promise to My Self

Working On Your Triggers

WHAT'S HAPPENED RECENTLY?

WHAT'S HAPPENED IN THE PAST?

HOW DID I FEEL WHEN THE EVENT FIRST HAPPENED IN THE PAST?

HOW AM I FEELING NOW JOURNALING ABOUT IT?

**WHAT I NEEDED IN THE MOMENT THAT I DIDN'T
GET OR DO?**

WHAT SELF-CARE ACTIVITIES CAN I PRACTICE TO COMFORT AND SOOTHE MYSELF?
Examples: try a meditation class, take a relaxing hot bath, get a mani/pedicure, etc.

Trigger Processing

DESCRIBE WHAT HAPPENED

**WHAT MENTAL, VERBAL OR PHYSICAL RESPONSE
OCCURRED?**

WHY DID YOU RESPOND THE WAY YOU DID?

WHAT EMOTIONS DID YOU FEEL?

**BREAK DOWN THE COMMENT,ACT, OR EXPERIENCE THAT
TRIGGERED YOU**

Working on patterns

**WHAT PATTERNS DO YOU SEE REPEATING
THEMSELVES IN YOUR LIFE?**

**HOW HAVE THESE PATTERNS AFFECTED YOU
AND/OR PEOPLE AROUND YOU?**

**WHICH PATTERNS DID YOU PICK UP FROM
YOUR CAREGIVERS?**

**WHAT ACTIONS CAN YOU TAKE
TO BREAK THESE PATTERNS?**

Learn to respond not react

Reactions tend to go like this: An event happens.

You panic. Then you proceed.

Responses tend to go like this: An event happens.

You Pause. You Process. You Plan. Then you proceed.

**STEP 1
BECOME AWARE THAT
YOUR THOUGHTS ARE
NOT YOU**

**Observe your thoughts in the moment.
Take a step back to create a mental space
between you and your thoughts.
Acknowledge all the thoughts that surface
up but become aware that your thoughts
are not you.**

**STEP 2
COME BACK TO YOUR
BODY & THE PRESENT
MOMENT**

**When facing a trigger that makes you
more reactive than usual, choose to
pause & take a few deep breaths. Bring
your attention back to your body and
the present moment.**

**STEP 3
REAFFIRM TO
YOURSELF
" I LOVE YOU"&
"YOU'RE SAFE"**

**Place your right hand over your heart
and gently say, "I love you" and "You
are safe" to comfort and soothe
yourself. Once you've successfully
self-soothed yourself, then plan on how
you can best handle the situation.**

I'm aware that my thoughts are not me

**WRITE DOWN WHAT MAKES YOU FEEL WORRIED, SAD, SCARED,
DEPRESSED, ANGRY, AND/OR ANXIOUS**

**Use the questions below to examine and break down the thought. Ask
yourself:**

Is my thought based on a feeling or an actual fact?

Is it possible for my thought to come true?

What's the worst that can happen if it does come true?

Will it still matter to me tomorrow or in the future?

What can I do to handle the situation in a positive way?

Heal your inner child in 7 steps

STEP 1: ACKNOWLEDGE YOUR INNER CHILD

Giving your inner child a real identity can help you work through the issues you faced together. Start by speaking statements of affirmation such as " I love you" " I see you" and "I feel your pains" in the mirror, or visualise hugging & saying this to your younger, wounded self.

[illegible]

Heal your inner child in 7 steps

STEP 2: VALIDATE WHAT HAPPENED

Pushing the issues away can only work for so long. It is time to face what happened. With your inner child by your side, take the time to recognise and acknowledge what happened . Write down the traumatic events along with hiw you felt and what impacts the events had on you.

WHAT HAPPENED?

HOW DID I FEEL WHEN IT HAPPENED?

HOW DID THE EVENT IMPACT MY LIFE?

[illegible]

Heal your inner child in 7 steps

STEP 3: IDENTIFY THE TYPE OF NEGLECT YOU EXPERIENCED

Take a moment to identify the type of neglect you experienced growing up, whether it was a lack of love, care, compassion, or parental protection. Allow yourself to acknowledge that void and fully recognise it for what it is.

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Heal your inner child in 7 steps

STEP4: EMBRACE YOUR EMOTIONS

While you're working on healing your inner child, many different types of emotions may surface up. Allow yourself to sit with those feelings, acknowledge them, and fully experience them instead of running away.

Things/Events/People That Make me feel sad

Things/Events/People That Make me feel Angry

Things/Events/People That Make me feel Anxious

Things/Events/People That Make me feel Scared

Heal your inner child in 7 steps

STEP 5: IDENTIFY CURRENT MANIFESTATIONS OF PAST HURTS

Take the time to identify the areas of your life where you may have engaged in self sabotage behaviours because of your past childhood hurts and wounds. It's important for you to be honest with yourself. Acknowledgment is the first step toward moving forward and making the shift toward healthier habits.

LOVE

CAREER

FINANCE

FAMILY

HEALTH

FRIENDSHIP

Heal your inner child in 7 steps

STEP 6: TAKE STEPS TO FILL THE GAP

When you were younger, you didn't have the means and power to give yourself what you needed such as love, care, money, protection, and quality time. However, now as an adult, you can take the time to identify what it is that you need and give it to yourself.

Identify what can fill your cup of happiness and fulfillment.

LOVE

CAREER

FINANCE

FAMILY

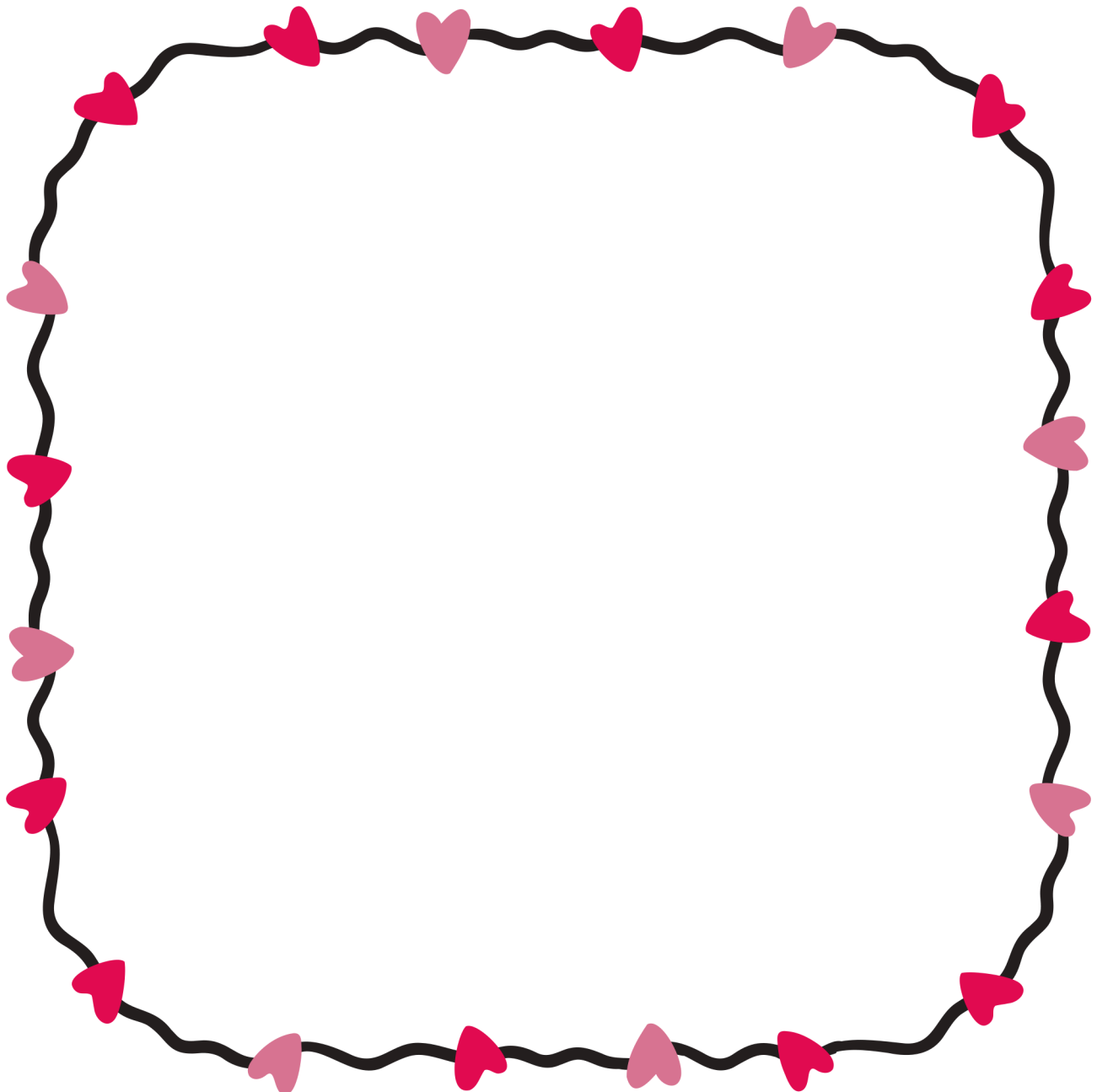
HEALTH

FRIENDSHIP

Heal your inner child in 7 steps

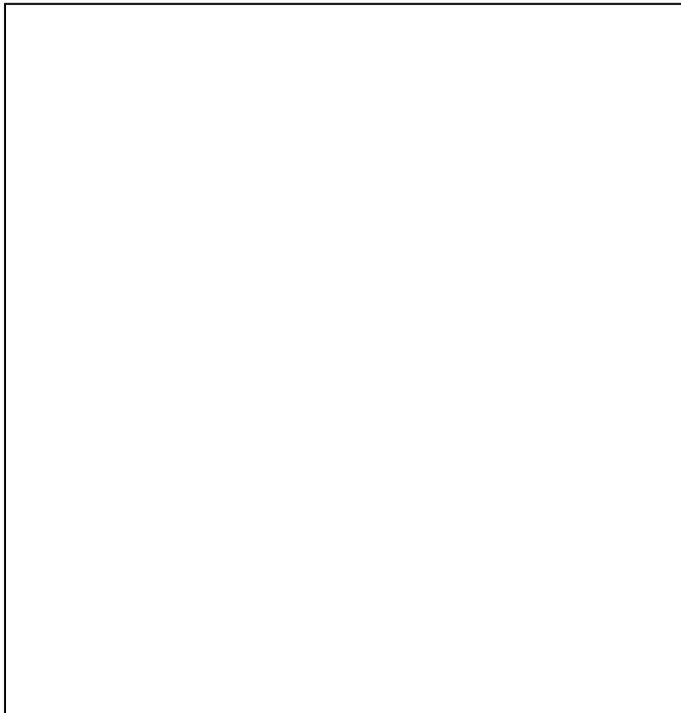
STEP 7: MAKE PEACE WITH THE PAST BY HELPING OTHERS

You cannot go back to the past to change what had happened to you. However, there are ways you can help change the present and the future of someone who is now suffering what you had gone through. Use the space below to brainstorm the steps you can take to give a lending hand to someone in need.

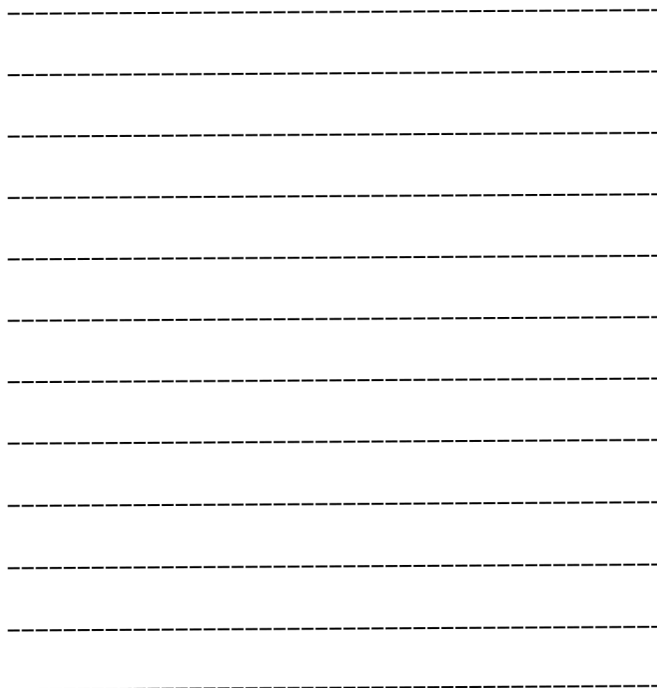


Working Towards Healing

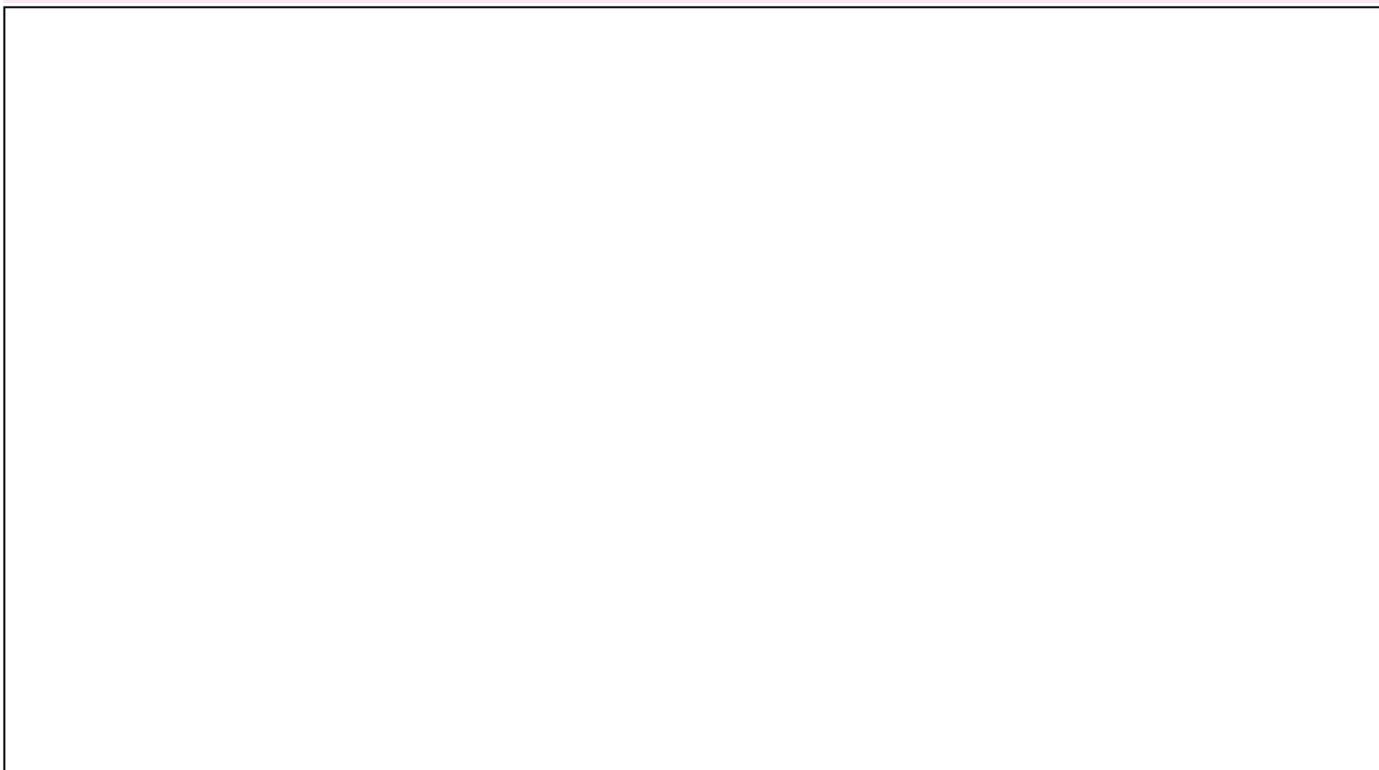
WHAT TRAUMA DO I NEED TO HEAL FROM?



STEPS THAT I NEED TO TAKE TO HEAL



THINGS I HAVE HEALED FROM & HOW



Experience Breakdown

WHAT HAPPENED TODAY?

WHAT I FELT ABOUT IT

I GOT TRIGGERED BECAUSE..

THE ENVIRONMENT I WAS IN

THE PEOPLE I WAS WITH

MY THOUGHTS AND REFLECTION

Acknowledge your Thoughts & Feelings

MY THOUGHTS

I'M FEELING SAD

0 _____ 10

I'M FEELING ANXIOUS

0 _____ 10

I'M FEELING SCARED

0 _____ 10

I'M FEELING ANGRY

0 _____ 10

I'M FEELING FRUSTRATED

0 _____ 10

HOW AM I FEELING TODAY?

Facilitating Healing

WHAT HAPPENED IN THE PAST THAT IS STILL CAUSING ME SO MUCH PAIN?

WHAT TRAUMA AM I WORKING ON HEALING
FROM?

WHAT THINGS HAVE I HEALED FROM ALREADY ?
HOW?

MY ACTION PLAN TO FACILITATE HEALING

Medication Tracker

[illegible]

Medication History

[illegible]

Doctor Visits

[illegible]

Doctors Notes

Reason For Appointment	Time	Notes

Points Discussed

[illegible]

Notes

[illegible]

Therapy Progress Notes

Therapist	Session Goal	Session Number

[illegible][illegible]

Therapy Appointments

[illegible]

Therapy Goals

[illegible]

Pre-Therapy Prep

Date: _____

Pre-Therapy Appointment Notes

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. There are no margins, text, or other markings on the paper.

Questions for my Therapist

[illegible]

**Re-occurring triggering events, emotions,
negative self talk that needs processing**

[illegible]

Self Blame

WHAT ARE THE SELF BLAME THOUGHTS THAT FREQUENTLY OCCUR IN YOUR HEAD?

DO YOU FEEL RESPONSIBLE FOR YOUR TRAUMA? HOW SO?

**DO YOU FEEL LIKE WHAT HAPPENED TO YOU COULD BE AVOIDED/PREVENTED?
HOW SO?**

DO YOU FEEL LIKE NOBODY TRULY UNDERSTANDS HOW YOU FEEL? EXPLAIN:

**DO YOU ALWAYS FEEL LIKE YOU SHOULD HAVE/COULD HAVE DONE SOMETHING
TO STOP WHAT HAPPENED? EXPLAIN:**

DO YOU FEEL LIKE YOU COULD NEVER TRUST ANYONE AGAIN? EXPLAIN?

DO YOU QUESTION WHY THIS HAD HAPPENED TO YOU? HOW SO?

DO YOU AVOID TALKING ABOUT IT? EXPLAIN:

DO YOU AVOID SEEKING HELP WHEN NEEDED? EXPLAIN:

DO YOU FEEL LIKE YOU DESERVED IT? EXPLAIN:

Self Acceptance

WHAT ARE YOUR STRENGTHS?

WHAT ARE YOUR WEAKNESSES?

WHAT MAKES YOU UNIQUE & SPECIAL?

WHAT ARE THE IMPERFECTIONS THAT MAKE YOU UNIQUE?

WHAT CHARACTERISTICS, QUALITIES, TALENTS, SKILLS, AND ABILITIES DO YOU POSSESS THAT YOU ADMIRE IN YOURSELF

Self Compassion

WHAT DO YOU OFTEN CRITICISE YOURSELF ABOUT?

WHAT DO YOU FEEL MOST ASHAMED ABOUT YOURSELF?

WHAT EMOTIONS ARE YOU FEELING WHILE CRITICISING YOURSELF

WHAT TONE, PHRASES AND WORDS ARE YOU USING?

IF YOU WERE TO CONFRONT YOUR INNER CRITIC, WHAT WOULD YOU SAY?

Processing Nightmares

WHAT TYPE OF REOCCURRING NIGHTMARES DO YOU USUALLY HAVE? WHAT ARE THEY ABOUT?

HOW IS HAVING NIGHTMARES
AFFECTING
YOUR SLEEP AT NIGHT?

HOW DO YOU FEEL THE
NEXT MORNING AFTER
HAVING A NIGHTMARE
THE NIGHT BEFORE?

WHAT ARE YOUR
NIGHTMARES
TELLING YOU?

WHAT UNDERLYING TRAUMA IS ASSOCIATED
WITH YOUR NIGHTMARES?

Self Worth

SELF WORTH POSITIVE AFFIRMATION

**WHAT HARSH CRITICISM DO
YOU OFTEN TELL YOURSELF WHILE
PERFORMING TASKS/CHORES?**

**WHY DO YOU THINK YOU ARE
OFTEN HARSH ON YOURSELF?**

WHAT ARE YOUR GREATEST STRENGTHS? WHAT DO YOU MOST ADMIRE ABOUT YOURSELF?

Trigger Coping Cards

Take Deep Breaths

Become Aware of Your Triggers

Plan a Coping Strategy for your Triggers

Practice Regular Meditation

Keep a Journal

Share Your Feelings with a friend/Partner/Therapist

Coping with Grief and Loss

**WHAT TYPE OF LOSS ARE
YOU TRYING TO HEAL FROM?**

**HOW DO YOU FEEL
ABOUT WHAT HAPPENED?**

**WHAT WORDS, EVENTS, ITEMS, PEOPLE CAN TRIGGER YOUR FEELING OF GRIEF
AND LOSS? HOW SO?**

Daily Reflection

DATE: _____

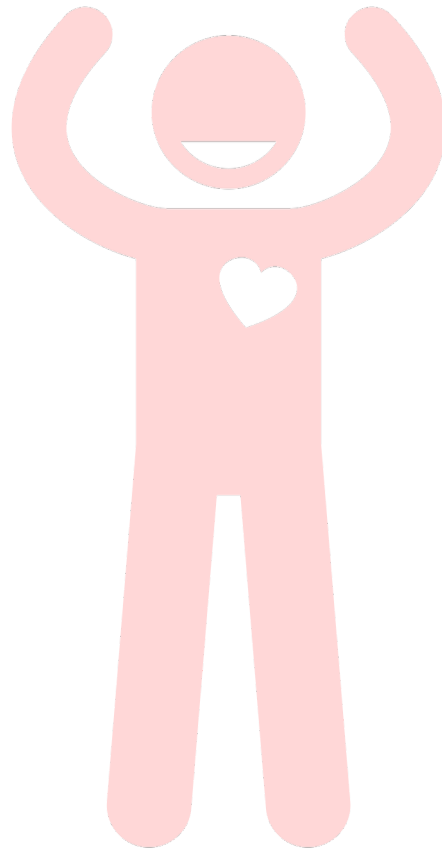
5 things that made me feel happy today

5 small successes I had today were

Today I had fun when

Trigger Processing

WHEN TRIGGERED, WHERE DO YOU HOLD STRESS
AND TENSION IN YOUR BODY?



PHYSICAL SYMPTOMS MANIFESTED BECAUSE OF MY EMOTIONAL STRESS

Weekly Self Care

Week Of: _____

Fri	
Thu	
Wed	
Tue	
Mon	
Sun	
Sat	

Anger Management

DETERMINE WHETHER YOUR ANGER STEMS FROM PAST TRAUMA, UNRESOLVED EMOTIONAL ISSUES, MENTAL ILLNESS, OR AN UNHEALTHY SITUATION THAT NEEDS CHANGING

WHEN YOUR TEMPER BEGINS TO FLARE, CHALLENGE YOURSELF MENTALLY BY ASKING THESE QUESTIONS:

WHAT IS THE SOURCE OF MY IRRITATION?

WHAT IS THE DEGREE OF MY ANGER?

WHAT IS THE OTHER PERSONS ACTUAL ROLE IN THIS SITUATION?

Overcoming Fear

HOW IS THIS HOLDING YOU BACK IN LIFE?

WHAT IS YOUR GREATEST FEAR?

HOW WAS THIS FEAR DEVELOPED?

LIST OLD FEARS YOU ARE READY TO PUT BEHIND YOU

Self Love

SELF LOVE POSITIVE AFFIRMATION

**WHAT DO YOU DISLIKE ABOUT YOURSELF? WHAT
IS THE REASON BEHIND THE DISLIKE?**

**CAN THAT FEELING BE CHANGED ?
HOW?**

**WRITE A LETTER TO YOURSELF TO EXPRESS THE
UNCONDITIONAL LOVE YOU'VE IN STORE FOR YOURSELF**

Anxiety Tracker

[illegible]

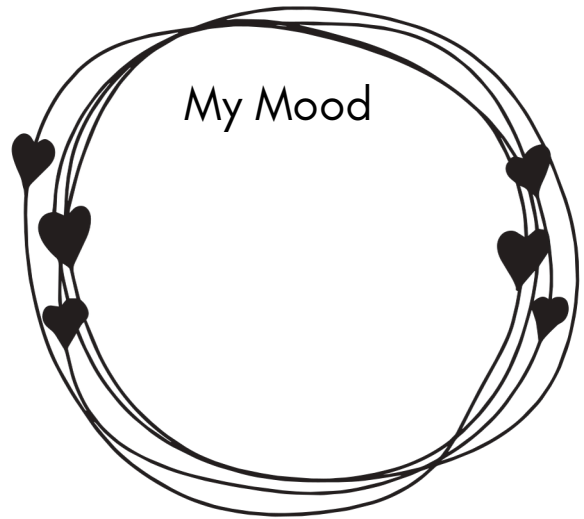
Anger Tracker

[illegible]

Mood Tracker

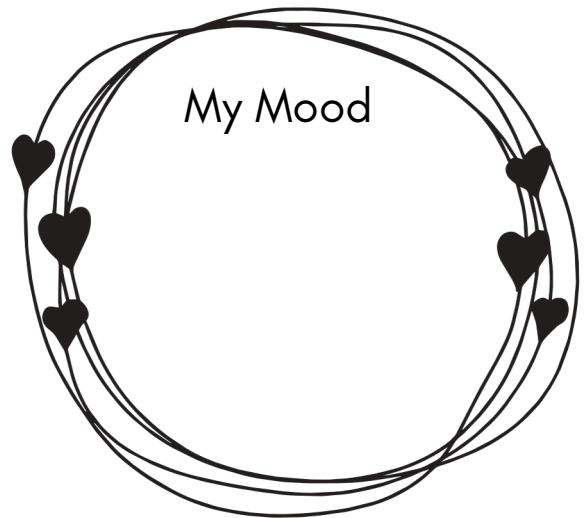
Date: _____

Time: _____



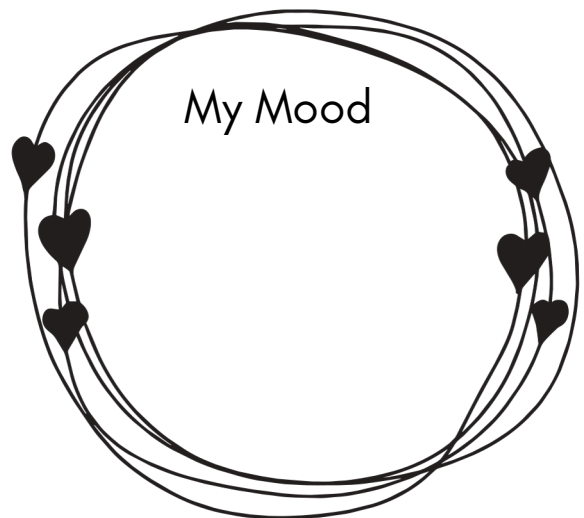
Date: _____

Time: _____



Date: _____

Time: _____



Discover My Authentic Self

**I AM EXPRESSING MY OPINIONS
HONESTLY IN A HEALTHY WAY**

**I ALLOW MYSELF TO BE
VULNERABLE & OPEN HEARTED**

**I AM LISTENING TO THE INNER
VOICE GUIDING ME FORWARDS**

**I AM FULLY PRESENT WHEN
I WORK OR GO THROUGH
LIFE EXPERIENCES**

I AM PURSUING MY PASSIONS

**I AM MAKING DECISIONS THAT
ARE ALIGNED WITH MY PRINCIPLES,
VALUES AND BELIEFS**

**I SET MY BOUNDARIES
AND I REPECT THEM**

**I WALK AWAY FROM TOXIC
SITUATIONS & RELATIONSHIPS**

Physical Coping skills for anger management

DO YOGA

PUSH WALL

BOUNCE BALL

**PRESS DOWN ON
MY SEAT**

**SQUEEZE A
STRESS BALL**

**STRETCH
MY BODY**

PUNCH A PILLOW

**PRESS MY PALMS
TOGETHER**

**RIP PAPER INTO
SMALL PIECES**

Worry Coping Cards

Take Deep Breaths

**Be in the
Present Moment**

Draw Your Worries

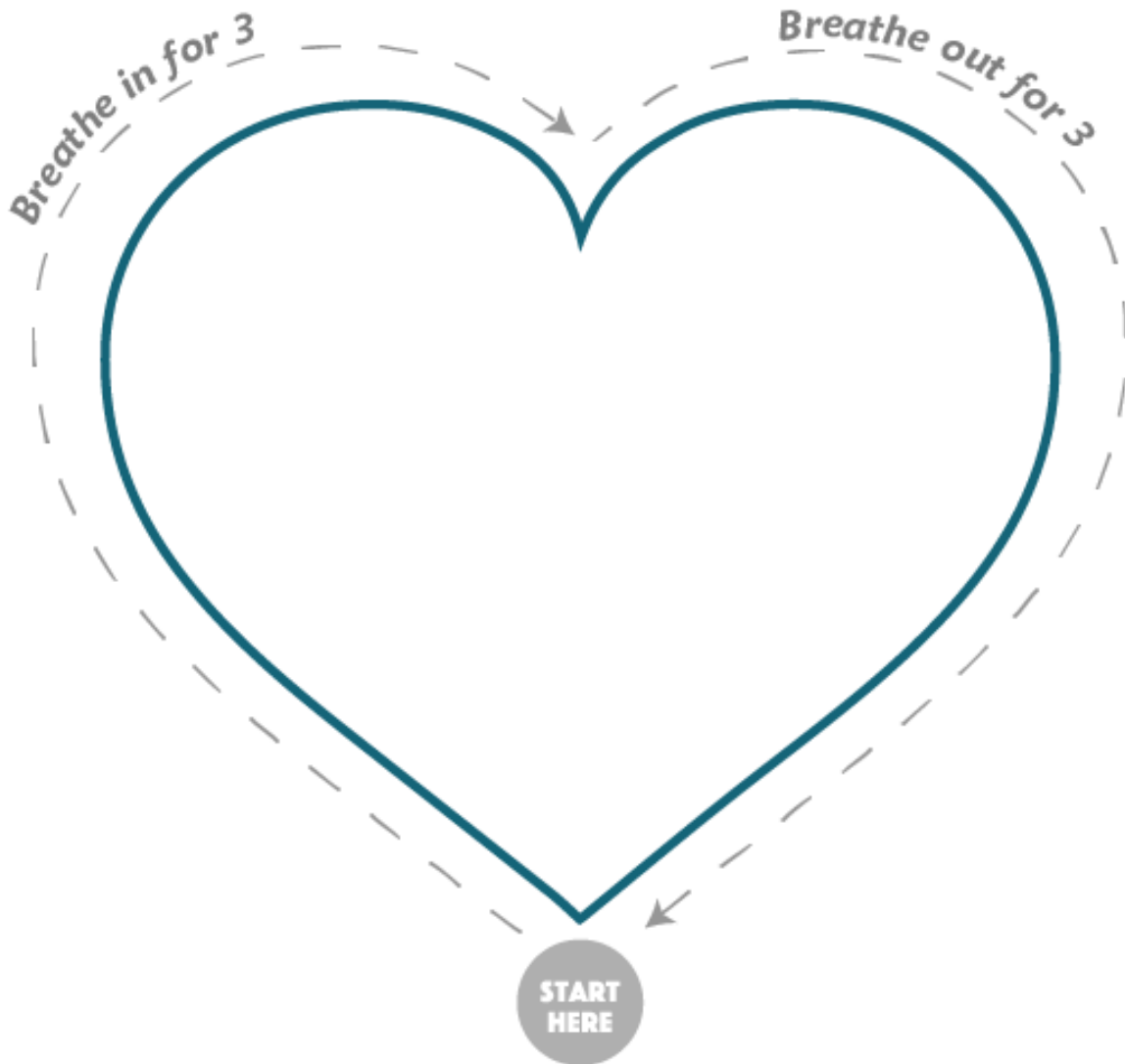
Go to Your Favorite Place

Journal Your Thoughts

**Share Your Thoughts with
a friend/Partner/Therapist**

Hearth Breathing

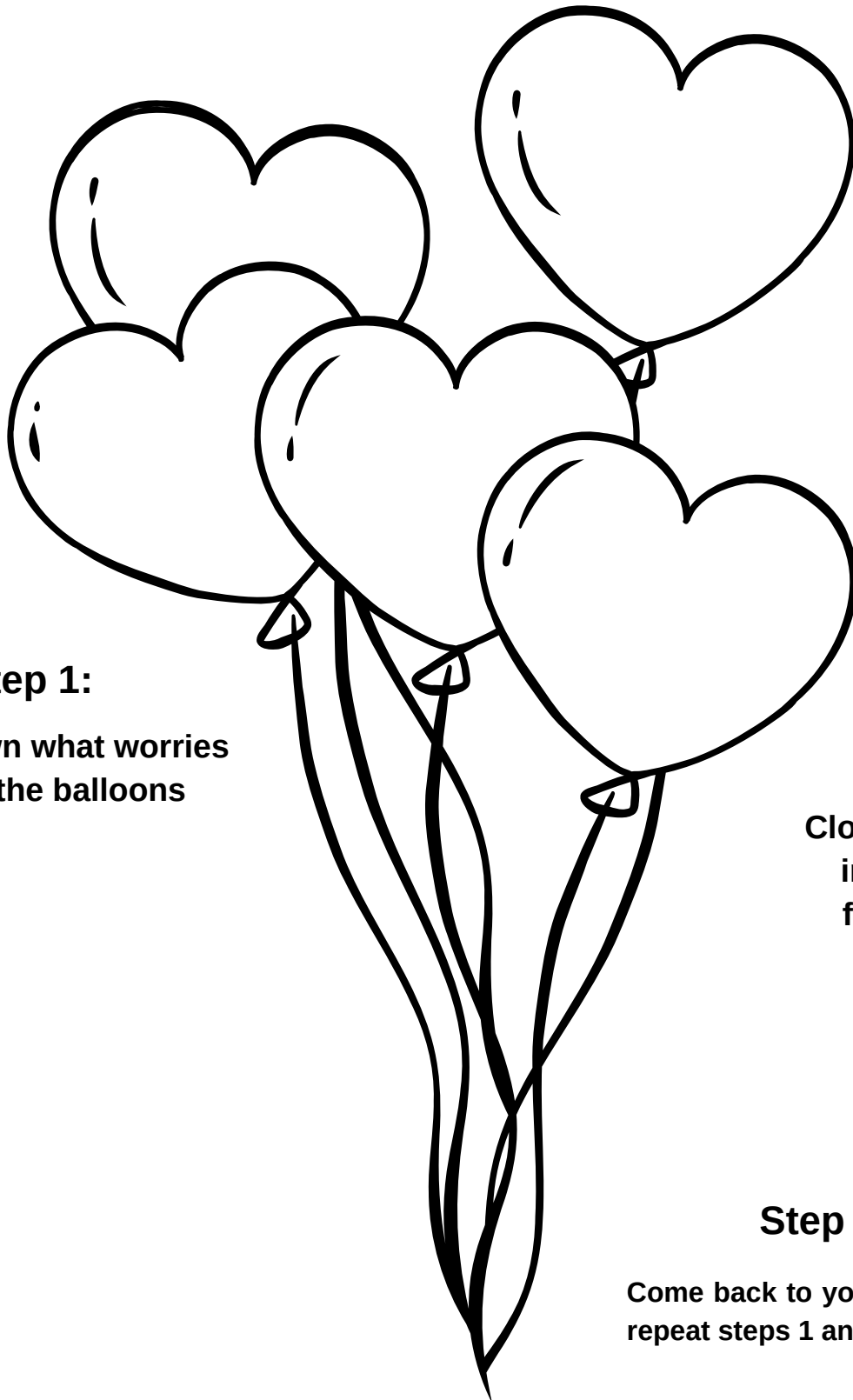
USE THIS BREATHWORK TECHNIQUE TO
HELP YOU COPE WITH TRIGGERS



THINK OF SOMEONE OR SOMETHING YOU LOVE
WHILE PRACTICING THIS BREATHING TECHNIQUE

The Balloon Mental Exercise

For When you Start Feel Worried or Anxious



Step 1:

Write down what worries
you in the balloons

Step 2:

Close your eyes &
imagine them
floating away

Step 3:

Come back to your breaths and
repeat steps 1 and 2 as needed

Building My Dream Life

**REGARDLESS OF WHAT HAD HAPPENED, YOU DESERVE TO LIVE A
LIFE FULL OF LOVE, JOY, PEACE, HEALTH, ABUNDANCE AND HAPPINESS**

MY NEW MORNING ROUTINE I AM COMMITTING TO

MY NEW EVENING ROUTINE I AM COMMITTING TO

WHAT IN MY CURRENT LIFE DO I WANT TO NOT TAKE INTO THE FUTURE WITH ME?

My Vision Board

HEALTH

FAMILY

FINANCE

FRIENDSHIP

LOVE

CAREER

KNOWLEDGE

TRAVEL

HOBBIES

Monthly Reflections

HOW WAS THIS MONTH?

GRATEFUL FOR



AREAS OF IMPROVMENT

CHALLENGES

**MY FAVORITE MOMENT
OF THIS MONTH**

WHAT WENT WELL

HOW TO SET UP FOR SUCCESS NEXT MONTH

Monthly Goal Planning

GOALS

--

REWARDS FOR ACHIEVING MY GOALS

--

WHY ACHIEVING THESE GOALS IMPORTANT TO ME?

--

WHAT STEPS DO I NEED TO TAKE TO ACCOMPLISH MY GOALS?

--

Weekly Task Planning

TASKS THAT NEED TO GET DONE

TASK DEADLINES

STEPS THAT NEED TO BE TAKEN

REWARDS FOR COMPLETING THE TASKS

PLANS FOR NEXT WEEK

My Good Habits

GOOD HABITS TO MAINTAIN OR DEVELOP

BAD HABITS TO REDUCE OR ELIMINATE

ACTION PLAN TO MAINTAIN/DEVELOP MY GOOD HABITS

REWARDS FOR MAINTAINING MY GOOD HABITS

To-Do List

Month of

[illegible]

[illegible]

[illegible]