

MY TRAUMA STORY

Sharing your story about why you are feeling upset or uncomfortable after an event can be very helpful so that you can better cope in the future and learn from this experience.

Some examples of events that can be traumatic are:

- Bullying
- Fighting in the family
- Separating from loved ones
- Loss of someone you love
- Mental illness
- Being a victim of violence
- Abuse (physical or emotional)
- Accidents or natural disasters
- Illness/medical trauma

Can you describe an event that is difficult for you? You can write it down or draw it. What emotions did you feel? What were your thoughts during or after what happened?

What do you think can help you overcome what happened?

What emotions do you feel when you think about what happened?

- Anger
- Embarrassed
- Sad
- Confused
- Stressed out
- Scared
- Lonely
- Nervous
- Guilt
- Shame
- Worry
- _____

MY TRAUMA TRIGGERS

Trauma triggers are those things (people, places, events, thoughts, things) that can trigger memories of a past traumatic experience. Use this worksheet to help you identify what your triggers are and then develop a plan to manage them.



Things I see that trigger me:



I am triggered by these physical feelings in my body:



Sounds that trigger me:



Smells that trigger me:



Places that trigger me:



Emotions that trigger me:



Situations that trigger me:

What are 3 of the triggers that you feel affect you the most?

Selecting one of your triggers, think; is this trigger something I can avoid/reduce? How?

PREPARING FOR TRIGGERS

It can be very helpful to mentally prepare before facing a situation that might remind you of a past traumatic experience. Use this worksheet to think about this situation ahead of time and prepare!

What situation can trigger me? (Activity, person, place, thought, thing)

In what way have I handled this before?

What can I think and/or say to prepare before this situation happens?

What warning signs is my body giving to let me know I'm getting affected emotionally?

TRAUMA SYMPTOMS CHECKLIST

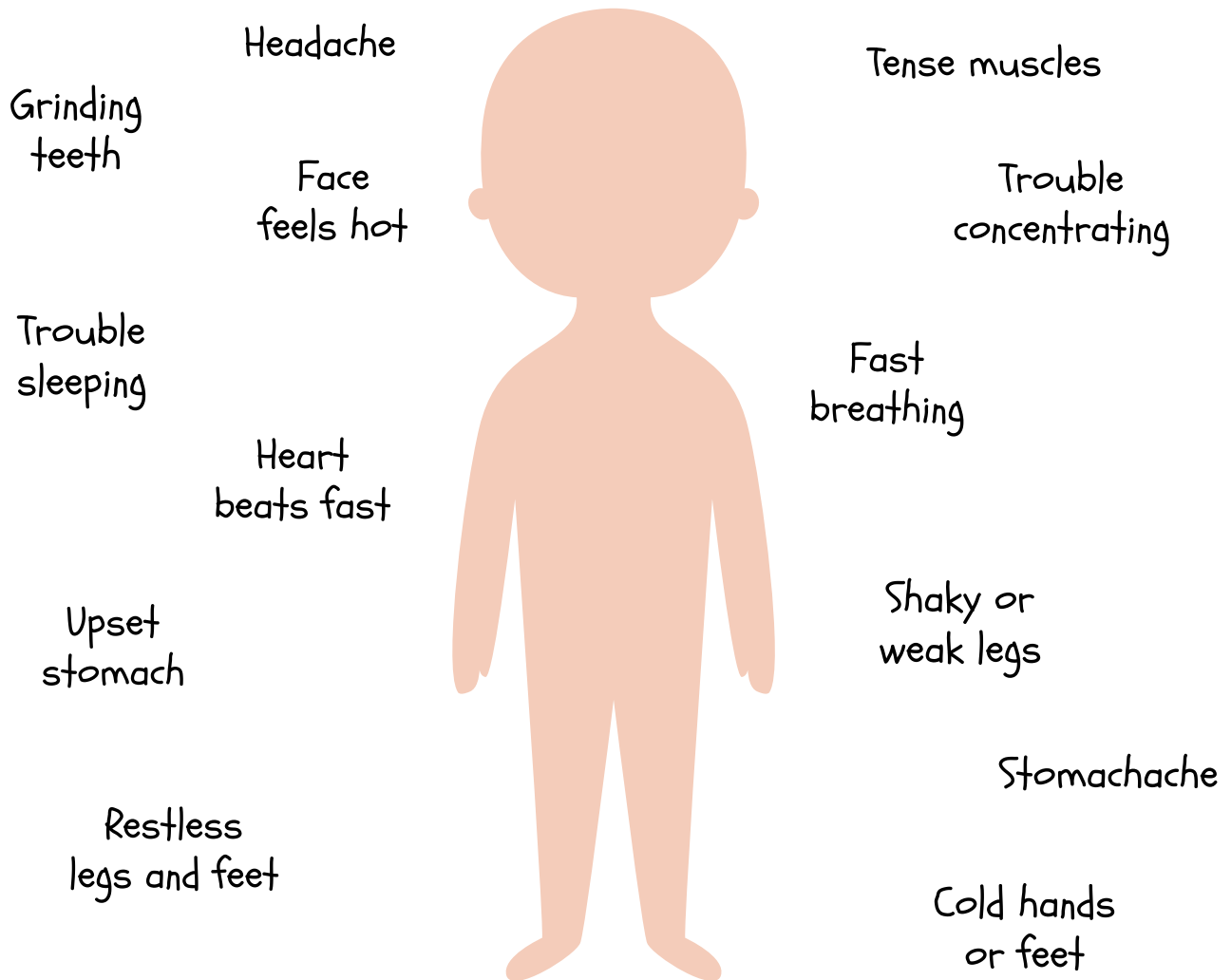
Mark with a check any feelings, body symptoms or thoughts you experience when you're reminded of a past traumatic experience.

- I feel really sad
- I feel helpless
- It was my fault
- I shouldn't have told, now everything's a mess
- Stressed out
- I feel guilt, shame
- My stomach aches, or I feel nauseous
- I get a headache, or feel dizzy
- Unlovable
- Confused
- Really scared/frightened
- Anxious
- I feel very mad/angry
- Other: _____
- No one understands me
- I'm going to get into trouble
- I should have been able to stop it
- I wish I hurt the person who hurt me
- I don't like myself
- Ashamed/embarrassed
- My hands or body starts to sweat
- I start to shake, or my legs feel weak
- I have trouble breathing or breathe very fast
- I have nightmares, flashbacks, stressful memories
- I engage in self-harm
- There's something wrong with me
- No one cares
- Other: _____

What are the symptoms you feel impact you the most?

HOW TRAUMA FEELS IN MY BODY

Draw yourself below.
Circle in the feelings you experience when under a stressful situation.



Are there other symptoms you feel that are not on the list?

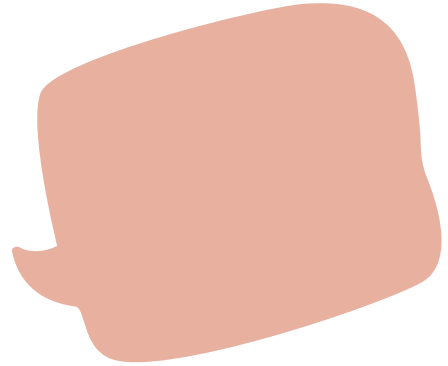
A large, empty, rounded rectangular box with a light green border, intended for the user to write down any additional symptoms they experience.

POSITIVE SELF-TALK

Using positive self-talk can be a powerful tool to calm us down and better handle our feelings and emotions. Lets fill in the bubbles with positive things we can say to ourselves. There are a few ideas below which you can repeat to yourself!

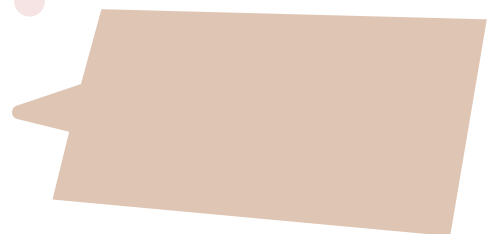


I will treat myself with kindness



It's okay to make mistakes, it's ok to try again!

Mistakes help me learn and grow!

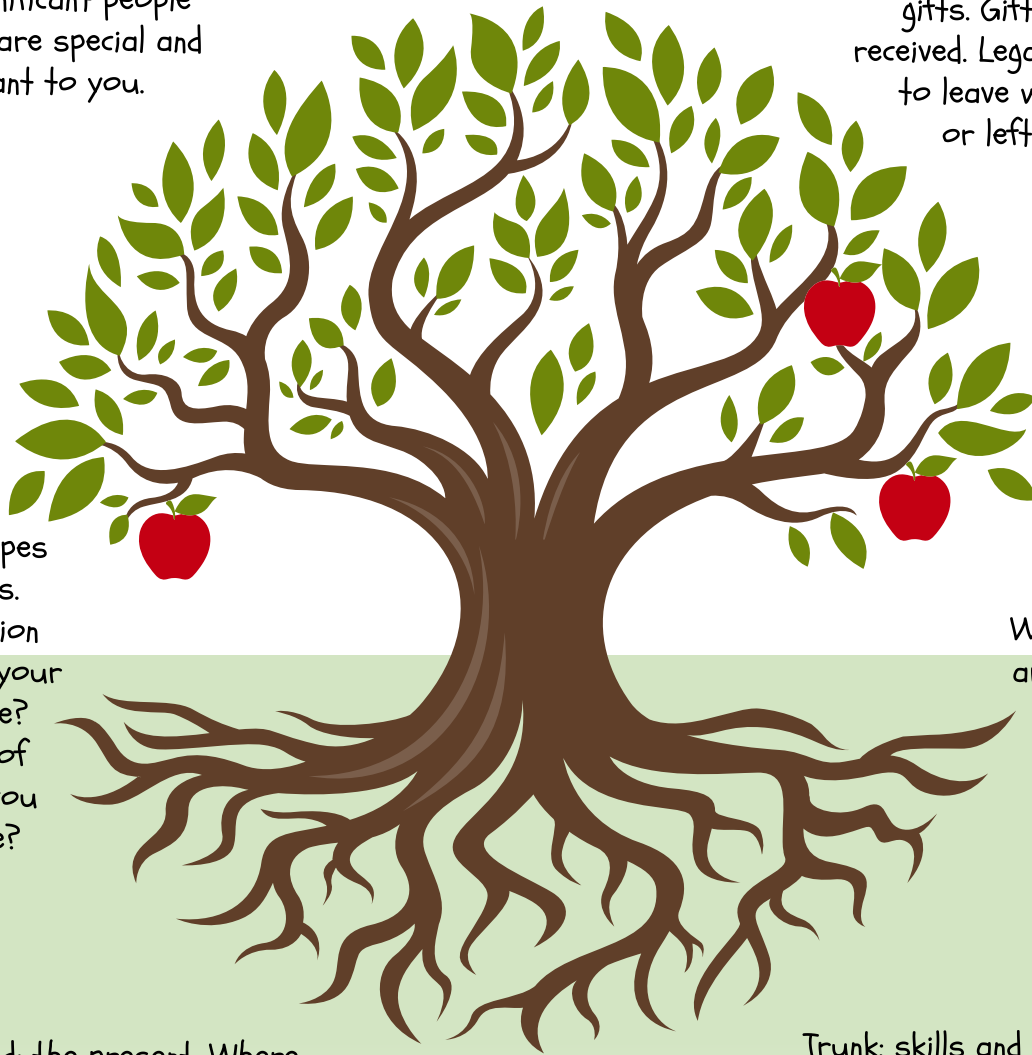


TREE OF LIFE - TRAUMA TREE

The tree of life symbolizes your life and elements from your past, present and future. Use this worksheets to understand a bit more about yourself and who you want to be in the future.

Leaves: significant people
Those who are special and important to you.

Fruits and flowers: life's gifts. Gifts given and received. Legacies you want to leave with others or left to you.



Branches: hopes and dreams.
What direction do you hope your life will take?
What kind of person do you want to be?

Bugs: life's challenges.
What problems are you facing?

Ground: the present. Where are you now? How do you spend most of your days?

Trunk: skills and strengths.
What are you good at?
What are your values?

Roots: where you came from.
Your origin, culture, religion, city, country.

TREE OF LIFE - TRAUMA TREE

Leaves (who are those people important to you?):

Fruits and flowers (what legacies do you want to leave to others and what have others left you?):

Branches (What are my hopes and dreams for the future?):

Ground (what things do I enjoy doing? How do I spend most of my day?):

Trunk:

Roots (what is it like while I was growing up?):

Bugs (what challenges am I facing that I have to overcome?):



COPING SKILLS TRACKER

This worksheet will help you track coping skills that you can use to help you manage your trauma symptoms. Test out different coping skills throughout the week in order to learn what works better for you!

1. Select 4 to 6 trauma skills you want to try during the week.
2. Place a check mark next to the ones you practiced.
3. Write down the situation or trigger that you experienced.
4. Using a scale from 1-5, check off depending on how well the skill helped you calm down.

Coping skill	Trauma trigger	How well did it work?				
		1	2	3	4	5

Some coping skills that can help and you can try are:

- Take deep breaths
- Practice mindfulness
- Breathing exercises
- Tense and relax your muscles
- Think of a peaceful place
- Take a cold shower
- Do something you enjoy
- Go for a walk / ride your bike
- Drink some water
- Do some exercises
- Do some stretching
- Listen to calming music
- Stomp your feet
- Play with your favorite toy
- Use positive self-talk
- Do some coloring
- Write down your feelings
- Notice things around you
- Challenge negative thoughts
- Speak with someone you trust
- Blow some bubbles

WAYS I COPE

When we need tools to calm down when we're facing a stressful and difficult situation, coping skills can be great! These are behaviors, thoughts and strategies that have a positive impact. Fill in the jar with as many coping skills you can that you've found useful to use!



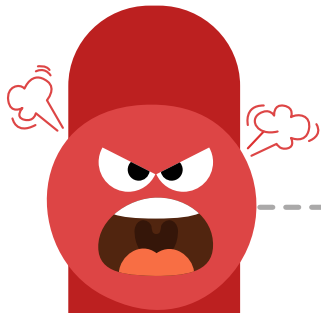
TRAUMA UNHELPFUL AND HELPFUL THOUGHTS TOOL

How things affect us has a lot to do with how we think. Check each box if you have any helpful or unhelpful thought when something happens to you. It's important to recognize these thoughts so we can better understand what we need to work on.

Common unhelpful thoughts	Common helpful thoughts
<ul style="list-style-type: none"><input type="radio"/> I can't trust anyone<input type="radio"/> No one understands me<input type="radio"/> What happened was my fault<input type="radio"/> There is something wrong with me<input type="radio"/> I have to watch out for danger all of the time<input type="radio"/> There is something about me that made this happen<input type="radio"/> I always get into trouble<input type="radio"/> I should have been able to stop it<input type="radio"/> Everything is always my fault<input type="radio"/> Everything I do is always wrong<input type="radio"/> Other unhelpful thoughts I have: _____ _____	<ul style="list-style-type: none"><input type="radio"/> What I did made sense at the time<input type="radio"/> I should not worry about things that are out of my control<input type="radio"/> I don't need to feel embarrassed or feel ashamed<input type="radio"/> What happened wasn't my fault<input type="radio"/> Mistakes help me learn and grow<input type="radio"/> I've learned from what happened<input type="radio"/> What happened doesn't mean anything bad about me<input type="radio"/> I can do things to help myself feel safe<input type="radio"/> I can trust some people for some things<input type="radio"/> Other helpful thoughts I have: _____ _____

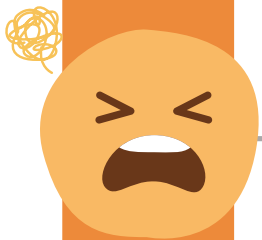
TRAUMA THERMOMETER

Lets use this thermometer to rank your trigger/distress level!



HIGH LEVEL OF DISTRESS

I feel out of control! I can't handle it!
I'm very anxious and stressed.



VERY DISTRESSED

I feel uncomfortable and can't think clearly.
I feel irritated and stressed.



MODERATE TO MINIMAL DISTRESS

I might feel a bit defensive and annoyed.
My anxiety is minimal as well as my level
of distress.



NO DISTRESS

I'm feeling calm, relaxed.