

Exploring Your Trauma Worksheet

Use this sheet to reflect on your trauma narrative. This exercise does not constitute a diagnosis or therapy; share it with a licensed therapist or call Catalina Behavioral Health for more help.

#1 Describe the traumatic event in detail.

Include sensory details about what you saw, smelled, or heard. Share the immediate gut reactions you felt when it happened.

#2 Describe how the trauma has impacted your daily life.

Consider how your psychological or physical health has suffered since the event. How has it impacted your relationships, work, or studies?

#3 Explain how the trauma has shaped your relationship with yourself.

Do you have any negative thoughts or feelings about your involvement in the trauma? What are they and how can you challenge them?

#4 List any coping strategies you've used to help manage your emotions.

What coping tools have been helpful and which haven't? What next steps might you take to continue to heal?

#5 Think about your support system and name their names.

Who can you turn to for support while you heal? How can they help you - and how will you communicate these needs to them effectively?



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