

TRAUMA TREE WORKSHEET

Complete the prompts while visualizing your trauma tree.

1. Start with the roots. Name the primary traumatic event(s) that have led to a decline in your mental health.
2. Work up to the trunk. What words describe the emotional wounds or core beliefs you have about yourself?
3. Fill in the branches. What are the inappropriate behaviors and coping mechanisms you've been relying to ease the painful trauma?
4. Now add the leaves. What are visible signs of trauma you see in everyday life. These are things you (sometimes others) may notice.

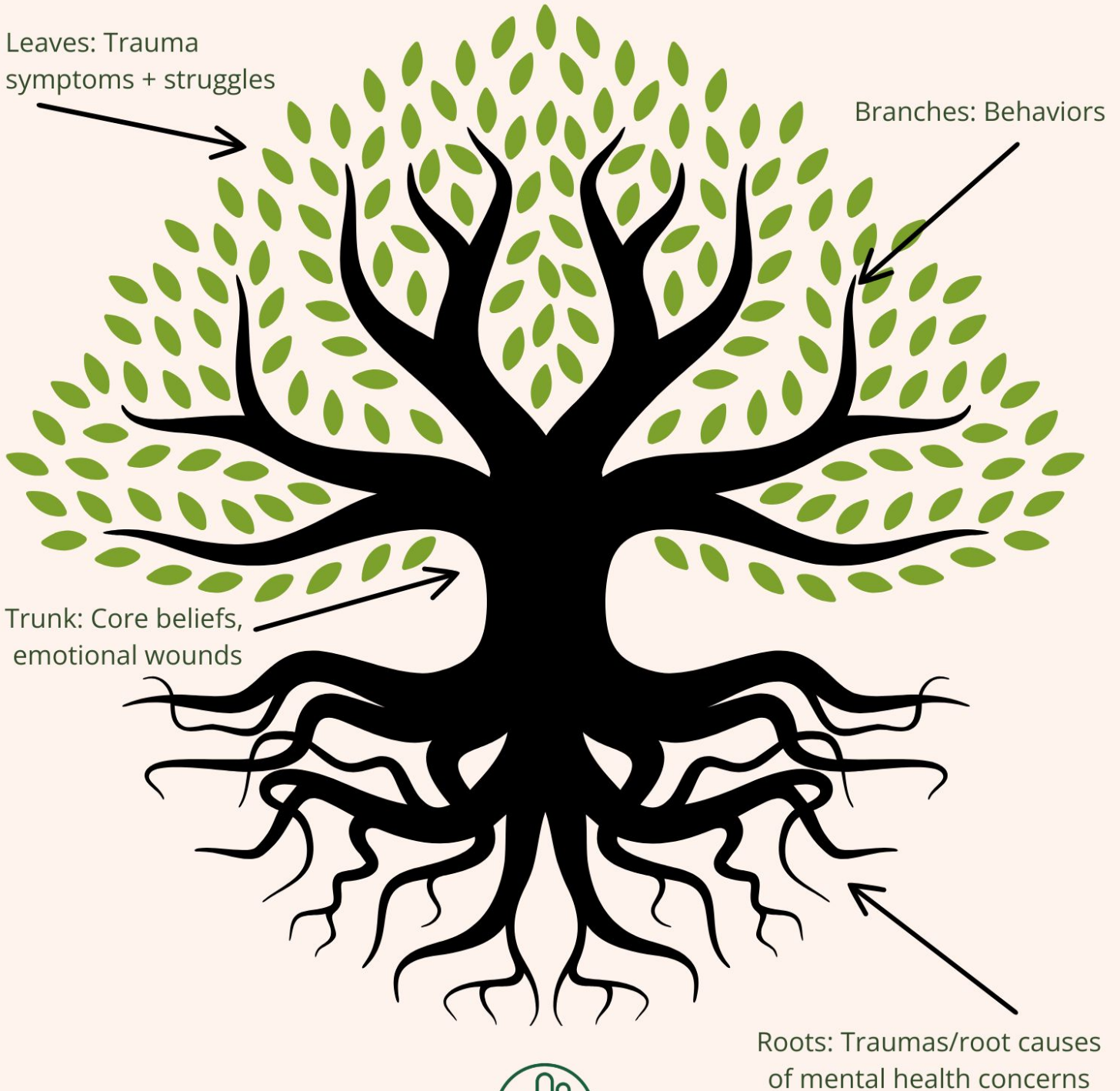


CATALINA
— BEHAVIORAL HEALTH —

520.999.2560

TRAUMA TREE WORKSHEET

The trauma tree model guides you to a better understanding of how traumatic experiences have shaped your life.



CATALINA
— BEHAVIORAL HEALTH —

520.999.2560