

# Trauma Therapy Workbook



This Trauma Therapy Workbook offers a structured approach to assist you in processing trauma, monitoring emotional reactions, and building coping strategies. Here's how to make the most of it:

### Trauma Timeline & Reflection

Begin by documenting significant events in your life, both positive and negative. Reflect on how these experiences have shaped your thoughts, emotions, and how you see yourself. As you go through these reflections, take note of any recurring patterns in the traumatic experiences and emotional reactions you've had. Consider what you've learned from these events and identify steps you can take to reduce the likelihood of similar challenges in the future

### Triggers & Coping Strategies

Pay attention to situations that trigger emotional responses, noting the date, location, emotions, and physical sensations you experience at the time. By tracking the coping strategies you've used, you can evaluate how effective they've been in managing your emotions. Recognize the warning signs that indicate you're being triggered and create a plan for how to respond more effectively in the future

### Grounding & Relaxation Techniques

Incorporate various grounding techniques to help manage overwhelming emotions. For instance, breathing exercises like box breathing (4-4-4-4) or 4-7-8 breathing can help you stay centered. Another method is the 5-4-3-2-1 grounding technique, where you engage your five senses—sight, touch, hearing, smell, and taste—to bring you back to the present moment. Practicing mindfulness through exercises like body scan meditation or mindful observation can also be useful. Additionally, having comfort objects or rituals to rely on can help keep you grounded in moments of distress

### Thought Reframing & Self-Compassion

Begin by challenging any negative beliefs you hold by weighing the evidence both for and against them. Work on replacing these negative thoughts with healthier, more supportive alternatives that align with a positive self-image. You might find it helpful to keep a self-compassion journal, where you actively reinforce self-love and forgiveness. Additionally, incorporating affirmations into your daily routine can help boost your self-worth and cultivate a kinder inner dialogue

### Emotion Regulation & Tracking

Keep a record of your emotions, rating their intensity on a scale of 1 to 10. Identify the triggers behind each emotion and note how long it lasted. Afterward, assess the coping strategies you used to see how effective they were in managing those feelings

### Inner Child Healing

Reflect on comforting memories from your childhood and think about ways to nurture your inner child. Consider writing letters to your younger self, offering reassurance and healing. Recognize any unmet needs from your childhood and explore ways you can fulfill them in your present life

### Body Awareness & Somatic Healing

Pay attention to areas of physical tension, such as your shoulders, chest, stomach, and hands. Use relaxation practices like progressive muscle relaxation and mindful movement to release tension. Track how stress manifests in your body and experiment with different techniques to relieve it

### Support System & Emergency Resources

Create a map of the trusted individuals in your life and the types of support they offer. Make a list of emergency resources, including crisis helplines, therapy groups, and community organizations. Reflect on how comfortable you are reaching out to these resources when needed

### Healing Goals & Milestones

Set clear, achievable short-term goals for the next 1-3 months and long-term goals for 6 months or more. Break these goals down into actionable steps and monitor your progress. Remember to celebrate small victories along the way and acknowledge the long-term improvements in your healing journey

### Healing Goals & Milestones

Take time to explore your values, strengths, and personal beliefs. Reflect on what truly matters to you and how you can align your actions with your core values. By identifying your unique qualities, you can build a stronger sense of self and create a path that supports your personal growth. Regularly evaluate areas where you feel you've grown and areas that could benefit from further attention, ensuring you are nurturing your evolving self

### Mind-Body Connection & Wellness

The mind and body are closely linked, with each influencing the other. Being mindful of how your thoughts and emotions affect your physical health can help you identify areas of tension or stress in your body. Practices like yoga, tai chi, or mindful movement help to reduce stress, improve flexibility, and enhance mental clarity. In addition to physical movement, supporting your body with proper nutrition, hydration, and regular exercise is essential for both mental and physical well-being. By nurturing this mind-body connection, you can create a balanced routine that promotes overall wellness, reduces stress, and encourages vitality

# Trauma Timeline

Significant Life Events (Both Positive & Negative)

Age/Time Period	Occurrence	Positive/Negative/Mixed

How can I reduce these risks?

Reflections on How Events Shaped Thoughts & Emotions

How did the events change your perspective?

What emotions did the events trigger?

How did the events challenge your beliefs?

Recognizing Patterns

What are the repeating elements or sequences in this set?

Can you spot any trends or recurring themes in the data or design?

# Triggers & Reactions Log

Date	Triggering Incident/Experience	Place/Setting

What Trends Do I See in These Circumstances?

Sensations in the body	Feelings

Did I Get Any Early Warning Signals from My Body?

What Were the Strongest Feelings, and Why?

# Grounding Techniques

## Breathing Exercises & Mindfulness Techniques

### ● Box Breathing (4-4-4-4)

Breathe in for 4 seconds → Hold for 4 seconds → Exhale for 4 seconds → Hold for 4 seconds.

Repeat as needed for calm and focus.

### ● 4-7-8 Breathing

Inhale deeply for 4 seconds → Hold your breath for 7 seconds → Slowly exhale for 8 seconds.

### ● Mindful Observation

Take a moment to pause and observe your environment without any judgment. Just notice.

Now focus on your senses:

5 things you can see \_\_\_\_\_

4 things you can touch \_\_\_\_\_

3 things you can hear \_\_\_\_\_

2 things you can smell \_\_\_\_\_

1 thing you can taste \_\_\_\_\_

Physical Activities (e.g., walking, stretching):

Creative Outlets (e.g., drawing, journaling):

Comfort Objects (e.g., holding a favorite item):

Which methods provide the quickest relief?

# Thought Reframing Worksheet

Date	Negative Thought/Belief	Situation When It Occurred

What emotions does this concept evoke in me?

Evidence For the Thought	Proof Contrary to the Idea

Does this idea stem from feelings or facts?

How would I respond if I saw a friend thinking this?

Thought of Replacement	How I Feel About It

# Self-Compassion Journal

What positive message can I give myself today?

What did I do wrong today that I can forgive?

How would I respond if a friend were experiencing the same thing?

What tiny act of self-care can I perform today?

Strengths of Which I Am Proud	My Accomplishments

## Affirmations for Increasing Self-Value

I deserve to be loved and treated with care because...

Despite my errors, I am more than that

I decide to treat myself with kindness by...

One aspect of who I am now that I adore is...

# Emotion Regulation Chart

Date	Feelings of Emotion	Intensity (1-10)

What was the duration of this feeling?

When Did It Happen?	Where had I gone?	Who Was Involved?

What was going on in my head at the moment?

Coping Method Tried	Effectiveness (1-10)	Would I Use This Again?

What did I do well and what should I do differently the next time?

# Inner Child Reflection

What advice would I give my younger self now?

In retrospect, what guidance would I offer my younger self?

What positive memory from childhood brings me comfort?

How can I now assist and nurture my inner child?

## Childhood Recollections & Their Influence

Memory	Feelings Then	How It Now Impacts Me

## Addressing the Inner Child with Letters



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# Body Awareness & Somatic Tracking

Body Area	Type of Tension	When Does It Happen Most?
Shoulders		
Neck		
Chest		
Stomach		
Hands		

## Techniques for Grounding and Relaxation

Body Area	When I Used It	Effectiveness (1-10)
Deep breathing exercises		
Progressive muscle relaxation		
Mindful Movement		
Sensory grounding (5-4-3-2-1)		

What worked well, and what can I improve?

Body Area	When I Used It	Effectiveness (1-10)

# Support System Map

Name	Relationship	Type of Support	Contact Info

How do I feel when I reach out to them?

## Coping Communities & Therapy Groups

Group Name	Type	Purpose	How Often I Participate

What benefits do I receive from taking part?

## Emergency Resources

Resource	Type	Contact Info
National Suicide Prevention Lifeline	Hotline	
Local Crisis Center	In-Person Support	
Text Support Line	Text-Based Support	

# Healing Goals & Milestones

Goal	Why It Matters	Steps to Achieve It	Target Date	How Often I Participate

What minor victories did I observe this week?

## Long-Term Goals (6+ Months)

Goal	Why It Matters	Steps to Achieve It	Target Date	How Often I Participate

What long-term improvements have I noticed?

## Celebrating a Milestone

Milestone Achieved	Date	How I Celebrated

[illegible]

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