Processing Trauma Worksheet

SECTION 1: UNDERSTANDING TRAUMA

Exercise 1: Identifying Triggers

List specific situations causing distress.

Rate discomfort levels (1-10) for each trigger.

Exercise 2: Exploring Negative Thoughts

Record automatic negative thoughts related to triggers.

Challenge and reframe these thoughts positively.

SECTION 2: COGNITIVE RESTRUCTURING

Exercise 3: Thought Records

Record triggering events, thoughts, emotions, and alternative perspectives.

Analyze and modify unhelpful thoughts.

Exercise 4: Positive Affirmations

Create positive statements countering negative self-talk.

Practice affirmations regularly.

SECTION 3: DEVELOPING COPING SKILLS

Exercise 5: Behavioral Experiments

Design experiments to test and challenge trauma-related anxieties.

Record observations and insights gained.

Exercise 6: Relaxation Techniques

Practice controlled breathing, progressive muscle relaxation, etc.

Log the effectiveness of relaxation exercises.

SECTION 4: BUILDING A SUPPORT SYSTEM

Social Support Network

Identify individuals providing support.

Strategies for seeking and maintaining social connections.

CONCLUSION:

Recap key insights gained.

Encouragement to revisit and revise as needed.