



**Vol 1**

# **TRAUMA TREATMENT TOOLBOX**

200+ Brain-Based Clinical Tools, Worksheets &  
Handouts to Move Therapy Forward

Hanz Yiglix



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## Author



Hanz Yiglix creates practical educational resources designed to help mental health professionals, educators, and individuals better understand trauma, emotional regulation, and the healing process.

Through research-informed tools, worksheets, and guided exercises, his work focuses on making complex psychological concepts easier to understand and apply in real-world settings.

His goal is to provide clear, accessible resources that support greater awareness, resilience, and meaningful progress on the journey toward healing.

## About This Book

This workbook was created to provide practical tools, guided exercises, and structured reflections to support emotional awareness, trauma recovery, self-understanding, and personal growth.

Inside this book, readers will find carefully designed worksheets and exercises that explore the connection between thoughts, emotions, body responses, behaviors, and healing patterns.

### **Each tool provides guided prompts to help you:**

- Understand how trauma can affect the mind and body
- Recognize emotional patterns and triggers
- Develop healthier coping strategies
- Build self-awareness and emotional regulation skills
- Practice self-compassion and personal reflection
- Strengthen your sense of safety, resilience, and connection with yourself

This workbook is designed as a personal resource that can be completed at your own pace. Some exercises may feel more relevant at different points in your healing journey, and you are encouraged to spend time with the tools that best support your current needs.

Healing is not a straight path. It is a process of learning, understanding, and building new ways to support yourself.

Through reflection and practice, this workbook invites you to explore your experiences with curiosity, compassion, and patience.

## **How To Use This Workbook**

This workbook is designed to be used at your own pace.

Healing is a personal journey, and there is no single correct way to move through these exercises. You do not need to complete every tool in order. Some exercises may feel more meaningful or helpful depending on where you are in your healing process.

Take the time you need and choose the tools that best support your current needs.

### **For The Best Experience:**

- Take your time with each exercise
- Answer honestly and openly
- Write in a way that feels comfortable and authentic to you
- Pause and practice grounding if an exercise feels emotionally overwhelming
- Return to exercises whenever you need additional support or reflection
- Notice your thoughts, emotions, and body responses with curiosity
- Practice patience and self-compassion throughout the process

### **Creating A Safe Space For Your Work**

Before beginning an exercise, consider creating an environment where you feel comfortable and supported.

You may find it helpful to:

- Choose a quiet space where you can reflect
- Have a journal or writing tool nearby
- Take breaks when needed
- Use grounding techniques if strong emotions appear
- Reach out to a trusted person or professional when additional support is needed

**Trauma Treatment Toolbox Volume 1** is a comprehensive clinical resource designed to help therapists, counselors, and mental health professionals better understand trauma responses and support clients through evidence-informed interventions.

This volume focuses on the foundations of trauma treatment, including brain-based psychoeducation, nervous system regulation, emotional awareness, trauma responses, coping skills, and client stabilization strategies.

Inside this volume, professionals will find practical tools designed to:

- Explain how trauma affects the brain and nervous system
- Help clients understand their emotional and behavioral responses
- Identify triggers and survival patterns
- Build grounding and regulation skills
- Support emotional processing and self-awareness

Improve therapeutic conversations with structured worksheets and handouts

Each tool is designed to be practical, easy to implement, and adaptable for individual therapy, group therapy, counseling settings, and psychoeducational work.

Volume 1 creates the foundation for trauma recovery by helping clients understand **what is happening inside their brain, body, and emotions**.

**Best For:**

- Trauma therapists
- Counselors
- Psychologists
- Social workers
- Mental health professionals
- Clinical interns and trainees



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## INTRODUCTION: UNDERSTANDING THE HEALING JOURNEY

Healing begins with understanding.

Many people move through life carrying experiences that have shaped the way they think, feel, respond, and connect with others. Some experiences leave emotional wounds that are not always visible, but they can influence the way we see ourselves, our relationships, and the world around us.

This workbook was created to help you explore those experiences with greater awareness, compassion, and understanding.

### **Understanding Trauma**

Trauma is the emotional and psychological response that can occur after experiencing or witnessing events that feel overwhelming, threatening, or deeply distressing.

Trauma is not only about what happened. It is also about how the mind and body responded to that experience.

Different people can experience the same event in different ways. What matters is how the experience affected your sense of safety, connection, control, and well-being.

Trauma can come from many types of experiences, including:

- Difficult life events
- Loss and grief
- Relationship wounds
- Emotional or physical harm
- Neglect or unmet needs
- Chronic stress
- Experiences that created fear or helplessness

Understanding trauma is the first step toward understanding yourself.

### **How Trauma Affects the Mind and Body**

The brain and body are designed to protect us.

When a person experiences danger or overwhelming stress, the nervous system activates survival responses that help the person cope. These responses may include:

- Fight — responding with anger, protection, or action
- Flight — trying to escape or avoid danger
- Freeze — feeling stuck, disconnected, or unable to respond
- Fawn — focusing on keeping others happy or reducing conflict

These responses are not signs of weakness. They are protective systems that developed to help you survive.

After difficult experiences, the nervous system may continue reacting as if danger is still present. This can affect:

- Emotions
- Thoughts
- Memory
- Sleep
- Relationships
- Body sensations
- Sense of safety

Learning about these patterns can help you respond to yourself with understanding instead of judgment.

### **Why These Tools Exist**

Healing is not only about remembering what happened. It is also about understanding what happened, recognizing how it affected you, and developing new ways to support yourself.

The exercises in this workbook were created to help you:

- Identify emotions and patterns
- Understand triggers and reactions
- Build emotional awareness
- Develop self-compassion

- Strengthen coping skills
- Create healthier beliefs
- Reconnect with your strengths
- Build a stronger sense of safety

Each tool provides a structured space for reflection and personal growth.

You do not need to complete every exercise perfectly. The purpose is not perfection — it is awareness.

### **What Recovery Means**

Recovery does not mean forgetting the past or pretending difficult experiences did not happen.

Recovery means developing a healthier relationship with your experiences.

Healing may include:

- Understanding your responses
- Creating new coping strategies
- Building emotional regulation skills
- Releasing unnecessary shame and blame
- Developing compassion toward yourself
- Creating meaningful connections
- Moving toward the life you want to build

Your experiences are part of your story, but they do not have to define your entire story.

### **Your Healing Journey**

Healing happens through small moments of awareness and practice.

Some days may feel easier than others. Some exercises may feel powerful, while others may feel challenging. Give yourself permission to move at your own pace.

The goal is not to become someone different.

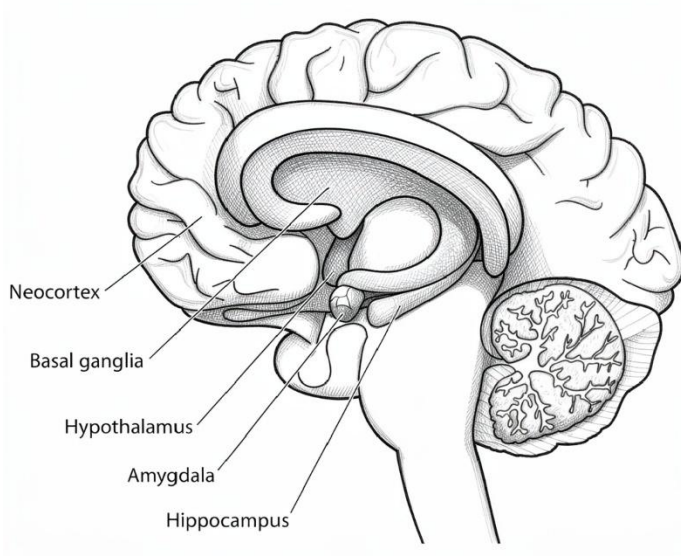
The goal is to understand yourself more deeply, support yourself more effectively, and create a stronger relationship with who you are today.

Your healing journey is your own.

Take the next step when you are ready.

## TRAUMA EDUCATION & BRAIN SCIENCE TOOLS

### TOOL #01 – THE TRAUMA BRAIN MAP



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## UNDERSTANDING HOW TRAUMA IMPACTS THE BRAIN AND NERVOUS SYSTEM

The Trauma Brain Map helps clients understand how trauma affects the brain, emotions, memories, and body responses.

Trauma reactions are protective responses created by the brain to help a person survive difficult experiences. Understanding these reactions can reduce shame and increase self-awareness.

### **When To Use This Tool**

Use this tool with clients experiencing:

- Trauma symptoms



- PTSD responses
- Anxiety
- Emotional overwhelm
- Hypervigilance
- Dissociation

### **Clinical Goals**

Help clients:

- Understand trauma responses
- Recognize survival patterns
- Identify triggers
- Increase self-compassion

### **Therapist Introduction**

"Your brain is designed to protect you. After trauma, some reactions may feel confusing, but they are often your brain trying to keep you safe."

---

## THE TRAUMA BRAIN MAP

### **Amygdala:** The Alarm System

Detects danger and activates survival responses.

Common experiences:

- Feeling constantly alert
- Feeling unsafe
- Strong emotional reactions

### **Prefrontal Cortex:** The Thinking Brain

Helps with reasoning, decisions, and emotional control.

During stress, it can become harder to think clearly.

Common experiences:

- Feeling overwhelmed

- Difficulty concentrating
- Reacting quickly

### **Hippocampus:** The Memory System

Helps organize memories and connect experiences to time and place.

After trauma, memories may feel very present.

Common experiences:

- Flashbacks
- Strong emotional memories
- Feeling triggered

### **Survival Responses**

- **Fight:** Defending through anger or control.
- **Flight:** Escaping through avoidance or anxiety.
- **Freeze:** Disconnecting or shutting down.
- **Fawn:** Seeking safety through pleasing others.

### **Client Reflection**

My common trauma response:

---

My common triggers:

---

What helps me feel safe:

---

### **Therapist Notes**

Survival responses are not weaknesses. They are protective adaptations. The goal is to help clients recognize these patterns and develop healthier responses.

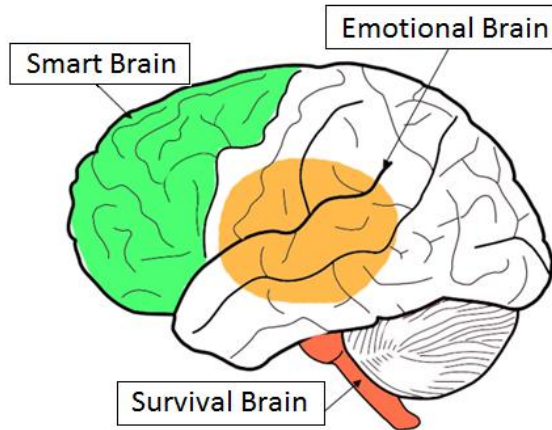
### **Key Message**

*"Your brain adapted to protect you. Healing teaches your brain and body that safety is possible again."*

## Clinical Summary

- **Tool Type:** Psychoeducation Exercise
- **Time:** 10–15 minutes
- **Best Used For:** Trauma education and emotional awareness

### TOOL #02 - THE SURVIVAL BRAIN VS. HEALING BRAIN WORKSHEET



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## UNDERSTANDING TRAUMA RESPONSES AND THE PATH TOWARD HEALING

The Survival Brain vs. Healing Brain Worksheet helps clients recognize the difference between automatic survival responses and intentional healing responses.

After trauma, the brain may continue using protective patterns even when the person is no longer in danger. This tool helps clients understand these patterns and develop healthier responses.

### When To Use This Tool

Use this tool with clients experiencing:

- Trauma symptoms
- PTSD responses
- Anxiety

- Emotional overwhelm
- Avoidance patterns
- Self-criticism

## **Clinical Goals**

Help clients:

- Understand survival responses
- Recognize automatic reactions
- Separate trauma responses from identity
- Build self-awareness
- Develop healthier coping strategies

## **Therapist Introduction**

*"Your brain learned ways to protect you during difficult experiences. These responses helped you survive. Healing means learning that you have new choices now."*

## **The Survival Brain**

The survival brain focuses on protection.

Main question:

"How do I stay safe?"

Common patterns:

- **Fight:** Protecting through anger, control, or defensiveness.
- **Flight:** Protecting through avoidance, worry, or escaping situations.
- **Freeze:** Protecting through shutting down, disconnecting, or feeling numb.
- **Fawn:** Protecting through pleasing others or avoiding conflict.

## **The Healing Brain**

The healing brain focuses on safety, awareness, and choice.

Main question:

"What do I need to heal?"

Common patterns:

- **Awareness:** Recognizing emotions, triggers, and body signals.
- **Regulation:** Using healthy strategies to calm the nervous system.
- **Connection:** Building trust, support, and healthy relationships.
- **Growth:** Creating new beliefs and moving forward.

**Client Reflection:**

My survival response that appears most often:

---

A situation that activates my survival brain:

---

A healthier response I want to practice:

---

Something my healing brain needs today:

---

**Therapist Notes**

Survival responses are not weaknesses. They are protective adaptations created by the nervous system.

The goal is not to remove the survival brain, but to help clients recognize when it is active and choose responses that support healing.

**Key Message**

*"Your survival brain helped you survive. Your healing brain helps you create a safer future."*

**Clinical Summary**

- **Tool Type:** Psychoeducation and Self-Awareness Exercise
- **Time:** 10–15 minutes

- **Best Used For:** Trauma awareness, emotional regulation, and self-compassion

### TOOL #03 - THE FIGHT-FLIGHT-FREEZE-FAWN RESPONSE GUIDE

#### Stress Responses

**Fight**  
(attack / control)



**Flight**  
(escape / avoid)



**Freeze**  
(shutdown / stuck)



**Fawn**  
(appease / please)




---

#### UNDERSTANDING TRAUMA RESPONSES AND HOW THE BODY PROTECTS YOU

The Fight-Flight-Freeze-Fawn Response Guide helps clients understand the four common survival responses that can happen after trauma or stressful experiences.

These responses are automatic ways the nervous system tries to keep a person safe.

This tool helps clients recognize their patterns and build awareness.

#### When To Use This Tool

Use this tool with clients experiencing:

- Trauma symptoms
- PTSD responses
- Anxiety
- Emotional overwhelm
- Avoidance patterns
- Relationship difficulties

#### Clinical Goals

Help clients:

- Understand survival responses
- Recognize automatic reactions
- Identify personal patterns
- Increase self-awareness
- Develop healthier coping skills

### **Therapist Introduction**

*"Your brain and body learned ways to protect you during difficult experiences. These responses helped you survive. Healing means learning new ways to feel safe."*

### **Fight Response**

"I need to protect myself."

The body reacts by defending, controlling, or confronting.

Common patterns:

- Anger
- Defensiveness
- Frustration
- Need for control

### **Flight Response**

"I need to get away."

The body reacts by escaping or avoiding danger.

Common patterns:

- Worry
- Avoidance
- Restlessness
- Staying busy

**Freeze Response**

"I cannot respond."

The body reacts by shutting down when things feel overwhelming.

Common patterns:

- Feeling numb
- Feeling stuck
- Disconnecting
- Difficulty making decisions

**Fawn Response**

"I need to please others to stay safe."

The body reacts by creating safety through helping or avoiding conflict.

Common patterns:

- Saying yes too often
- Seeking approval
- Ignoring personal needs
- Fear of disappointing others

**Client Reflection**

My most common survival response:

---

A situation that activates my response:

---

What do I notice in my body?

---

A healthier response I want to practice:

---

**Therapist Notes**

---



Survival responses are protective adaptations created by the nervous system.

The goal is not to remove these responses, but to help clients recognize them and create healthier choices.

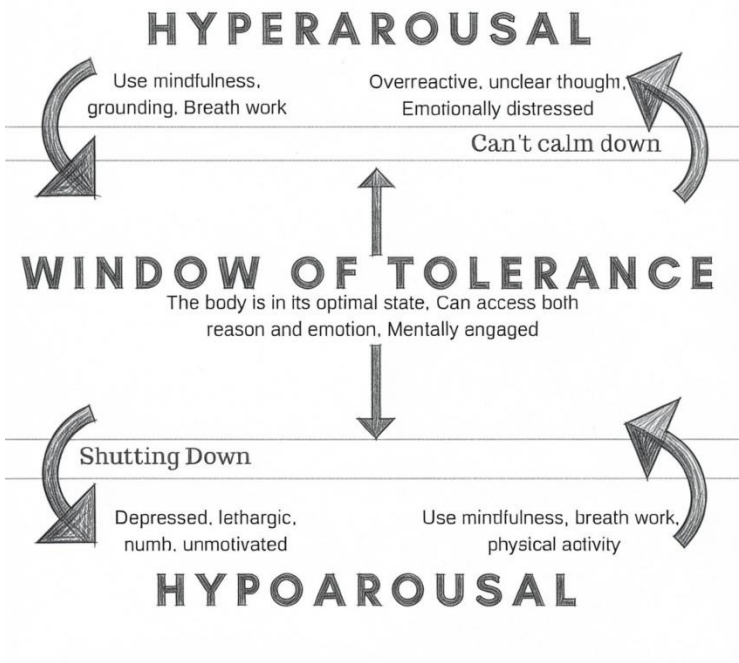
**Key Message**

*"Your survival responses helped protect you. Healing helps you feel safe in new ways."*

**Clinical Summary**

- **Tool Type:** Psychoeducation and Self-Awareness Exercise
- **Time:** 10–15 minutes
- **Best Used For:** Trauma awareness, emotional regulation, and self-understanding

**TOOL #04 - THE WINDOW OF TOLERANCE TRACKER**



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## UNDERSTANDING EMOTIONAL REGULATION AND NERVOUS SYSTEM BALANCE

The Window of Tolerance Tracker helps clients understand their emotional state and recognize when their nervous system is balanced, overwhelmed, or shut down.

After trauma, people may move outside their healthy emotional range more easily.

This tool helps clients identify their reactions and practice returning to a calmer state.

### **When To Use This Tool**

Use this tool with clients experiencing:

- Trauma symptoms
- Anxiety
- Emotional dysregulation
- Stress reactions
- Mood changes
- Feeling overwhelmed or disconnected

### **Clinical Goals**

Help clients:

- Understand nervous system states
- Recognize emotional triggers
- Identify signs of overwhelm
- Build regulation skills
- Increase self-awareness

### **Therapist Introduction**

"Everyone has a window where they can handle emotions, stress, and challenges. Trauma can make that window smaller. Healing helps expand your ability to stay present and regulated."

### **Inside The Window of Tolerance**

"I feel calm, present, and able to cope."

Common signs:

- Clear thinking
- Emotional balance
- Ability to communicate
- Feeling connected
- Able to solve problems

**Outside The Window: Hyperarousal**

"My nervous system is on high alert."

Common signs:

- Anxiety
- Anger
- Racing thoughts
- Feeling overwhelmed
- Difficulty relaxing

**Outside The Window: Hypoarousal**

"My nervous system is shutting down."

Common signs:

- Feeling numb
- Low energy
- Disconnecting
- Feeling empty
- Difficulty responding

**Client Reflection**

When I feel regulated, I notice:

---

Signs that I am leaving my window of tolerance:

---

---

My common triggers are:

---

A strategy that helps me return to balance:

---

### **Regulation Strategies**

When I feel overwhelmed, I can practice:

- Slow breathing
- Grounding exercises
- Taking a break
- Talking with someone safe
- Moving my body
- Naming my emotions

### **Therapist Notes**

The goal is not to avoid difficult emotions.

The goal is to help clients recognize their nervous system state and develop skills to return to balance.

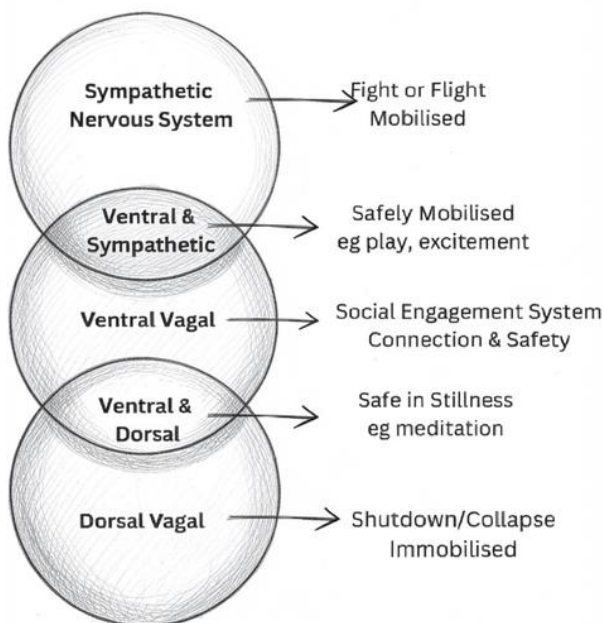
### **Key Message**

*"Being outside your window of tolerance is not failure. It is your nervous system asking for support."*

### **Clinical Summary**

- **Tool Type:** Nervous System Awareness and Emotional Regulation Exercise
- **Time:** 10–15 minutes
- **Best Used For:** Trauma awareness, emotional regulation, and self-monitoring

## TOOL #05 - THE NERVOUS SYSTEM REGULATION SCALE



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### UNDERSTANDING YOUR NERVOUS SYSTEM STATE AND FINDING BALANCE

The Nervous System Regulation Scale helps clients identify their current emotional and physical state.

This tool helps clients recognize when their nervous system feels calm, activated, or overwhelmed and choose strategies that support regulation.

#### **When To Use This Tool**

Use this tool with clients experiencing:

- Trauma symptoms
- Anxiety
- Emotional overwhelm
- Stress responses

- Difficulty calming down
- Feeling disconnected

### **Clinical Goals**

Help clients:

- Identify nervous system states
- Recognize body signals
- Increase emotional awareness
- Practice regulation skills
- Build self-control and coping strategies

### **Therapist Introduction**

"Your nervous system is always communicating with you. Learning to notice your body's signals helps you understand what you need and respond with care."

### **Level 1: Regulated State**

"I feel safe and balanced."

Common signs:

- Calm breathing
- Clear thinking
- Feeling connected
- Able to handle emotions
- Able to make decisions

### **Level 2: Activated State**

"My nervous system is becoming stressed."

Common signs:

- Increased worry
- Tension in the body
- Irritability

- Racing thoughts
- Difficulty focusing

### **Level 3: Overwhelmed State**

"My nervous system feels overloaded."

Common signs:

- Panic or intense emotions
- Feeling out of control
- Emotional shutdown
- Feeling disconnected
- Difficulty responding

### **My Current Nervous System Level**

Today I feel:

- ☐ Level 1 - Regulated
- ☐ Level 2 - Activated
- ☐ Level 3 - Overwhelmed

### **Client Reflection**

What signals does my body give me when I am stressed?

---

What usually helps me feel calm?

---

What support do I need when I feel overwhelmed?

---

One regulation skill I want to practice:

---

### **Regulation Strategies**

I can support my nervous system by:

- Taking slow breaths

---

- Grounding myself in the present moment
- Moving my body
- Resting when needed
- Talking with a trusted person
- Practicing self-compassion

### **Therapist Notes**

Nervous system regulation is a skill that develops with practice.

The goal is not to stay calm all the time, but to recognize changes in the nervous system and return to balance.

### **Key Message**

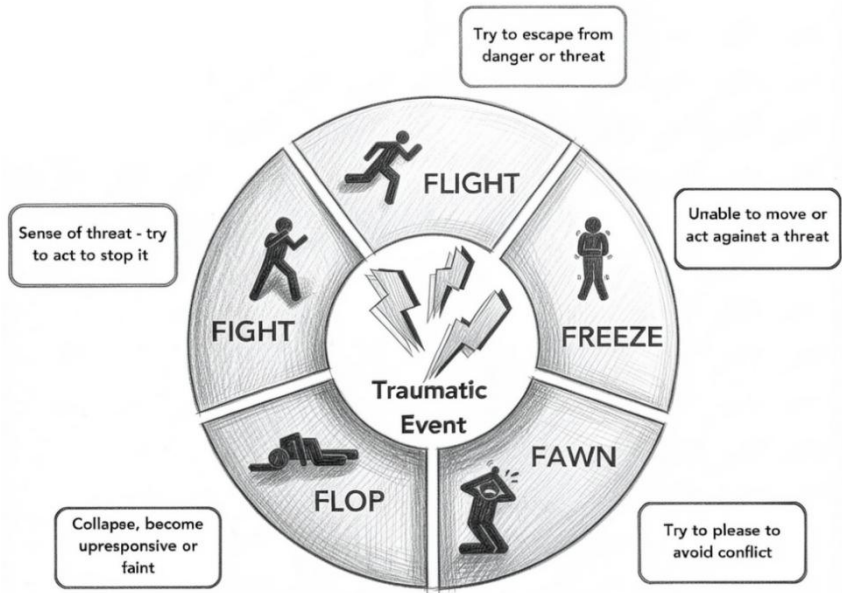
*"Your body is always trying to protect you. Learning to listen to your nervous system creates more choices and control."*

### **Clinical Summary**

- **Tool Type:** Nervous System Awareness and Regulation Exercise
- **Time:** 10–15 minutes
- **Best Used For:** Trauma recovery, emotional regulation, and self-awareness

## **TOOL #06 - THE TRAUMA RESPONSE IDENTIFICATION TOOL**





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## UNDERSTANDING PERSONAL TRAUMA PATTERNS AND EMOTIONAL REACTIONS

The Trauma Response Identification Tool helps clients recognize how their mind and body respond to stressful or threatening situations.

After trauma, people may develop automatic reactions that happen without conscious choice.

This tool helps clients identify their patterns, understand their triggers, and create healthier responses.

### When To Use This Tool

Use this tool with clients experiencing:

- Trauma symptoms
- Anxiety
- Emotional triggers
- Relationship challenges
- Avoidance patterns

- Strong emotional reactions

## **Clinical Goals**

Help clients:

- Identify personal trauma responses
- Recognize emotional triggers
- Understand body reactions
- Separate reactions from identity
- Develop awareness and coping skills

## **Therapist Introduction**

*"Your reactions developed for a reason. Understanding your trauma responses helps you recognize what is happening and choose new ways to respond."*

My Common Trauma Responses

### **Fight**

I respond by protecting myself through action.

I may notice:

- Anger
- Defensiveness
- Frustration
- Need for control

### **Flight**

I respond by trying to escape or avoid.

I may notice:

- Worry
- Avoidance
- Overthinking

- Staying busy

### **Freeze**

I respond by shutting down.

I may notice:

- Feeling numb
- Feeling stuck
- Disconnecting
- Difficulty responding

### **Fawn**

I respond by trying to create safety through others.

I may notice:

- People pleasing
- Difficulty saying no
- Fear of conflict
- Ignoring my needs

### **Client Reflection**

A situation that triggers my trauma response:

---

My usual reaction is:

---

What happens in my body?

---

What emotion do I feel?

---

A healthier response I can practice:

---

---

## Therapist Notes

Trauma responses are learned survival patterns created by the nervous system.

Recognizing these patterns helps clients move from automatic reactions toward intentional choices.

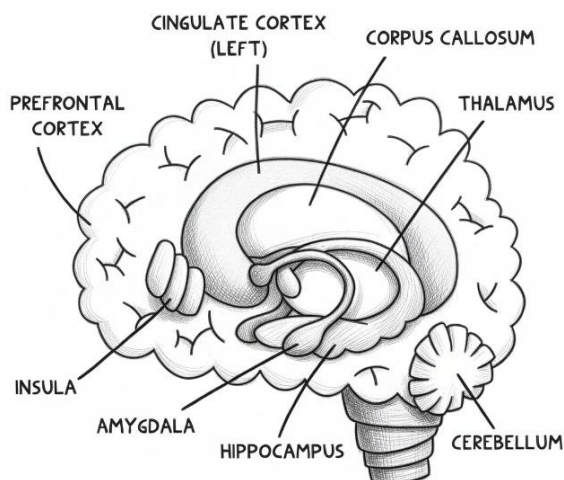
## Key Message

*"Your trauma response is something you learned to survive, not who you are."*

## Clinical Summary

- **Tool Type:** Trauma Awareness and Self-Reflection Exercise
- **Time:** 10–15 minutes
- **Best Used For:** Trauma education, emotional awareness, and identifying patterns

## TOOL #07 - THE BRAIN AFTER TRAUMA EXPLANATION SHEET



## UNDERSTANDING HOW TRAUMA CHANGES THE BRAIN AND NERVOUS SYSTEM

The Brain After Trauma Explanation Sheet helps clients understand how trauma can affect the brain, emotions, and body.

After trauma, the brain may continue searching for danger even when a person is safe.

This tool helps clients understand their reactions and reduce shame around trauma responses.

### **When To Use This Tool**

Use this tool with clients experiencing:

- Trauma symptoms
- PTSD responses
- Anxiety
- Emotional overwhelm
- Memory difficulties
- Strong emotional reactions

### **Clinical Goals**

Help clients:

- Understand the impact of trauma on the brain
- Recognize survival patterns
- Increase self-compassion
- Understand emotional reactions
- Build awareness of healing processes

### **Therapist Introduction**

"Trauma changes the way the brain responds to stress. These changes are not signs of weakness. They are the brain's way of trying to protect you."

The Brain's Alarm System

The Amygdala

The brain's warning system.

After trauma, it may become more sensitive and react quickly to possible danger.

Common experiences:

- Feeling on edge
- Strong fear reactions
- Being easily startled
- The Thinking Brain
- The Prefrontal Cortex

The part of the brain responsible for:

- Reasoning
- Decision-making
- Emotional control
- During stress, this area may become less active, making it harder to think clearly.

Common experiences:

- Difficulty making decisions
- Feeling overwhelmed
- Trouble focusing
- The Memory System
- The Hippocampus
- The part of the brain that helps organize memories.

After trauma, memories may feel:

- Very intense
- Disconnected
- Triggered by reminders
- The Nervous System After Trauma
- The nervous system may stay prepared for danger.

Common patterns:

- Fight
- Flight
- Freeze
- Fawn

These responses are protective reactions.

### **Client Reflection**

Something I learned about my trauma response:

---

A reaction I understand better now:

---

A way I can support my brain and body:

---

### **Healing Practices**

I can support my healing by:

- Creating safety
- Practicing relaxation skills
- Building healthy connections
- Understanding my triggers
- Being patient with myself

### **Therapist Notes**

Trauma affects the brain's protection systems, not a person's value or identity.

Education about the brain can help clients understand their symptoms and develop compassion toward themselves.

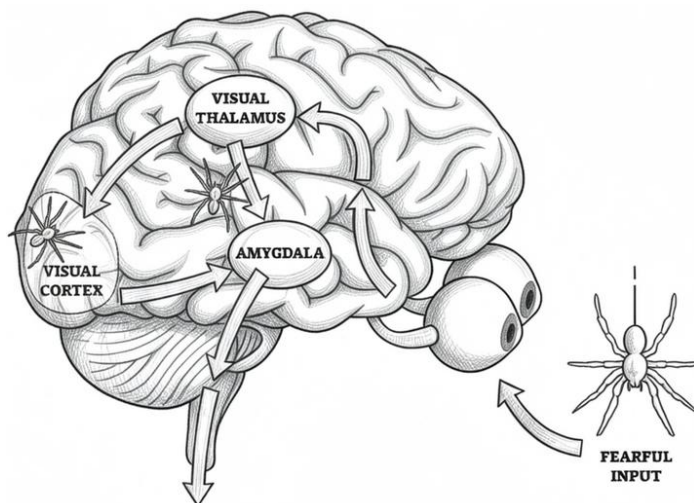
### **Key Message**

*"Your brain changed to help you survive. Healing helps your brain learn that you are safe now."*

## Clinical Summary

- **Tool Type:** Psychoeducation and Trauma Awareness Exercise
- **Time:** 10–15 minutes
- **Best Used For:** Trauma education, self-compassion, and understanding nervous system responses

### TOOL #08 - THE AMYGDALA ALARM SYSTEM EXERCISE



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#### UNDERSTANDING FEAR RESPONSES AND EMOTIONAL TRIGGERS

The Amygdala Alarm System Exercise helps clients understand how the brain detects danger and creates emotional responses.

After trauma, the amygdala may become more sensitive and activate the alarm system even when a person is currently safe.

This tool helps clients recognize triggers, understand reactions, and practice calming the nervous system.

#### When To Use This Tool

Use this tool with clients experiencing:

- Trauma symptoms



- Anxiety
- Fear responses
- Emotional triggers
- Hypervigilance
- Strong reactions to reminders of past experiences

### **Clinical Goals**

Help clients:

- Understand the role of the amygdala
- Identify emotional triggers
- Recognize alarm signals
- Separate past danger from present safety
- Practice calming strategies

### **Therapist Introduction**

"Your amygdala is like an alarm system in your brain. It tries to protect you by looking for danger. After trauma, this alarm can become extra sensitive."

### **The Amygdala Alarm System**

The amygdala asks:

"Am I safe?"

When it detects possible danger, it can activate:

- Fear
- Stress
- Anger
- Avoidance
- Survival responses

Common Alarm Triggers

My brain alarm may activate when I experience:

- Certain words or conversations
- Specific places or situations
- Conflict
- Feeling rejected
- Feeling out of control

### **My Alarm Signals**

When my alarm system activates, I notice:

In my body:

---

In my thoughts:

---

In my emotions:

---

### **Checking The Alarm**

Ask myself:

Is there danger right now?

---

Is this a past memory or a present situation?

---

What does my body need to feel safe?

---

### **Calming The Alarm System**

I can help my brain feel safe by:

- Taking slow breaths
- Looking around and noticing my environment
- Naming what I am feeling

- Using grounding techniques
- Talking to someone supportive

### **Therapist Notes**

The amygdala is designed to protect us. Trauma can make the alarm system react faster and stronger.

The goal is not to remove the alarm, but to help clients recognize when it is activated and respond with awareness.

### **Key Message**

*"Your alarm system is trying to protect you. Healing teaches your brain when it is safe to turn the alarm down."*

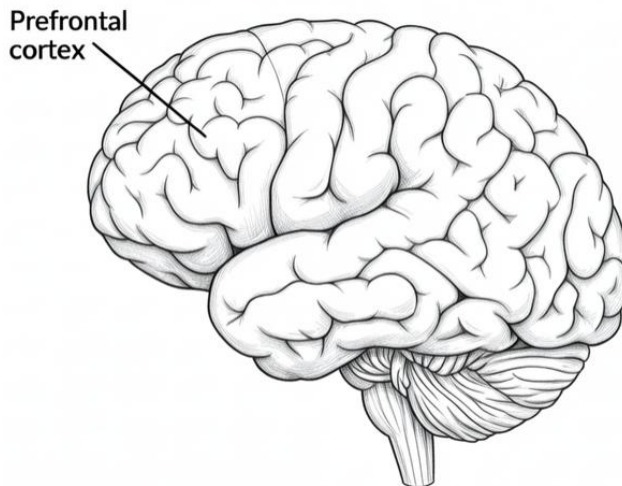
### **Clinical Summary**

**Tool Type:** Psychoeducation and Trigger Awareness Exercise

**Time:** 10–15 minutes

**Best Used For:** Trauma education, emotional regulation, and understanding fear responses

## **TOOL #09 - THE PREFRONTAL CORTEX RESET PRACTICE**



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## STRENGTHENING CALM THINKING AND EMOTIONAL CONTROL AFTER STRESS

The Prefrontal Cortex Reset Practice helps clients reconnect with the part of the brain responsible for thinking, decision-making, and emotional regulation.

During stress or trauma reminders, the survival brain can become more active and make it harder to think clearly.

This tool helps clients slow down, regain awareness, and create intentional responses.

### **When To Use This Tool**

Use this tool with clients experiencing:

- Emotional overwhelm
- Anxiety
- Stress reactions
- Impulsive responses
- Difficulty making decisions
- Feeling disconnected from logic

### **Clinical Goals**

Help clients:

- Activate calm thinking
- Improve emotional regulation
- Create space before reacting
- Increase self-awareness
- Practice intentional choices

### **Therapist Introduction**

"When we feel threatened, the emotional part of the brain can take over. This practice helps reconnect with the thinking brain so we can respond instead of react."

### **The Prefrontal Cortex Helps With**

- Problem solving

- Decision making
- Self-control
- Understanding emotions
- Choosing responses

### **Reset Practice**

#### **Step 1:** Pause

Stop and notice what is happening.

Ask:

"What am I feeling right now?"

---

#### **Step 2:** Breathe

Take slow, steady breaths.

Notice:

- Your body
- Your surroundings
- The present moment

#### **Step 3:** Name The Experience

Complete:

"I am feeling \_\_\_\_\_ because \_\_\_\_\_."

"I need \_\_\_\_\_ right now."

#### **Step 4:** Choose A Response

Instead of reacting automatically, ask:

"What choice supports my healing?"

---

#### **Client Reflection**

A situation where I need more pause before reacting:

---

---

What happens in my body during stress?

---

A healthier response I want to practice:

---

### Reset Strategies

I can reconnect with my thinking brain by:

- Taking a pause
- Breathing slowly
- Grounding myself
- Naming my emotions
- Asking for support
- Waiting before making decisions

### Therapist Notes

The goal is not to stop emotions.

The goal is to help clients create balance between emotional responses and thoughtful choices.

### Key Message

*"Your emotions are important. Your thinking brain helps you choose what to do next."*

### Clinical Summary

- **Tool Type:** Brain-Based Regulation and Self-Awareness Exercise
- **Time:** 10–15 minutes
- **Best Used For:** Emotional regulation, trauma recovery, and developing mindful responses

## TOOL #10 - THE TRAUMA MEMORY VS. PRESENT REALITY WORKSHEET

### UNDERSTANDING THE DIFFERENCE BETWEEN PAST EXPERIENCES AND CURRENT SAFETY

The Trauma Memory vs. Present Reality Worksheet helps clients recognize when past experiences are influencing present emotions and reactions.

After trauma, the brain may respond to current situations as if the past danger is happening again.

This tool helps client's separate trauma memories from present reality and create a sense of safety.

#### **When To Use This Tool**

Use this tool with clients experiencing:

- Trauma symptoms
- PTSD responses
- Emotional triggers
- Anxiety
- Fear reactions
- Feeling unsafe in safe situations

#### **Clinical Goals**

Help clients:

- Recognize trauma reminders
- Separate past from present
- Identify current safety
- Reduce automatic reactions
- Build emotional awareness

#### **Therapist Introduction**

"Sometimes the brain reacts to the present as if the past is happening again. This exercise helps you notice the difference between what happened before and what is happening now."

**Trauma Memory**

"The past experience that my brain remembers."

Common signs:

- Strong emotional reactions
- Feeling like it is happening again
- Fear or panic
- Body sensations connected to the past

**Present Reality**

"What is happening right now."

Questions to ask:

- Am I safe in this moment?
- What facts do I know right now?
- Is this a memory or a current threat?
- What is different from the past?

**My Trauma Trigger**

A situation that activated me:

---

What memory or feeling came up?

---

**Checking Present Reality**

What is happening right now?

---

What evidence shows I am safe?

---



What is different from the past?

---

Creating A New Response

Instead of reacting from the past, I can:

---

A calming message I can tell myself:

---

### **Therapist Notes**

Trauma memories can feel very real because the nervous system stores emotional experiences as protection.

The goal is not to erase memories, but to help clients recognize when they are remembering versus experiencing current danger.

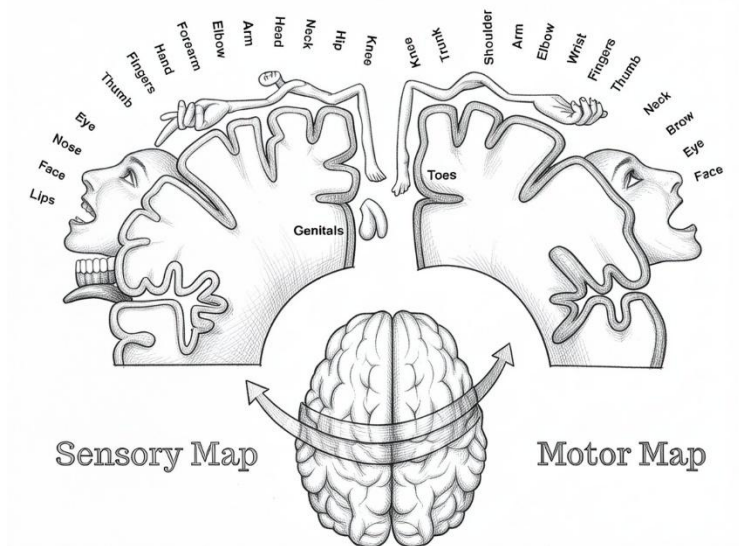
### **Key Message**

"Your past experiences shaped your reactions, but they do not have to control your present."

### **Clinical Summary**

- **Tool Type:** Trauma Awareness and Cognitive Regulation Exercise
- **Time:** 10–15 minutes
- **Best Used For:** Trauma processing, grounding, emotional regulation, and increasing present-moment awareness

## TOOL #11 - THE BRAIN PREDICTION ERROR EXERCISE



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### UNDERSTANDING HOW THE BRAIN UPDATES OLD BELIEFS AFTER TRAUMA

The Brain Prediction Error Exercise helps clients understand how the brain uses past experiences to predict what may happen in the future.

After trauma, the brain may create protective predictions based on past danger.

This tool helps clients notice when old expectations are influencing present situations and create new, healthier beliefs.

#### When To Use This Tool

Use this tool with clients experiencing:

- Trauma symptoms
- Anxiety
- Fear responses
- Negative beliefs
- Avoidance patterns

- Difficulty trusting safety

## **Clinical Goals**

Help clients:

- Understand how the brain learns from experiences
- Identify old trauma-based predictions
- Recognize new evidence
- Create more balanced beliefs
- Increase emotional flexibility

## **Therapist Introduction**

"Your brain tries to predict what will happen next based on what happened before. After trauma, these predictions may become focused on danger. Healing helps your brain learn new information."

## **The Brain Prediction System**

The brain asks:

- "What happened before?"
- "What should I expect now?"
- "How can I stay safe?"

Sometimes the brain uses old experiences to predict new situations.

Old Prediction

"My brain expects..."

---

Because of:

---

New Evidence

"What is actually happening now?"

---

"What information is different from the past?"

---

---

## Updating The Brain

A new belief I can practice:

"Even though I experienced \_\_\_\_\_, today I can notice \_\_\_\_\_."

---

## Client Reflection

A situation where my brain expected danger:

---

What did my brain predict would happen?

---

What actually happened?

---

What did my brain learn from this experience?

---

## Therapist Notes

The brain is constantly learning and updating predictions.

Trauma can create strong expectations of danger, but new safe experiences can help the brain develop more accurate predictions.

## Key Message

*"Your brain learned from the past. Healing helps your brain learn from the present."*

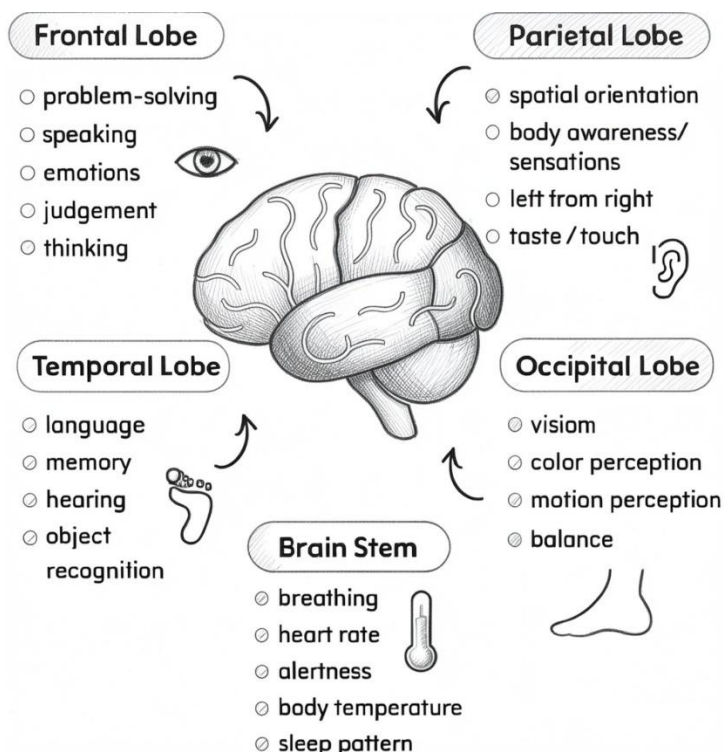
## Clinical Summary

**Tool Type:** Psychoeducation and Cognitive Awareness Exercise

**Time:** 10–15 minutes

**Best Used For:** Trauma recovery, changing beliefs, emotional regulation, and building new perspectives

## TOOL #12 - THE BODY-BRAIN CONNECTION MAP



### UNDERSTANDING HOW THOUGHTS, EMOTIONS, AND BODY SIGNALS WORK TOGETHER

The Body-Brain Connection Map helps clients understand the relationship between the brain, nervous system, emotions, and physical sensations.

After trauma, the body may respond to stress before the mind fully understands what is happening.

This tool helps clients recognize body signals and build awareness of their internal experiences.

#### When To Use This Tool

Use this tool with clients experiencing:

- Trauma symptoms

- Anxiety
- Stress reactions
- Emotional overwhelm
- Physical tension
- Difficulty identifying feelings

### **Clinical Goals**

Help clients:

- Understand the mind-body connection
- Recognize physical stress signals
- Identify emotional patterns
- Increase body awareness
- Improve self-regulation skills

### **Therapist Introduction**

"Your brain and body are always communicating. Learning to notice these signals helps you understand your emotions and respond with care."

### **The Brain Sends Signals**

The brain helps identify:

- Safety
- Danger
- Emotions
- Memories
- Possible responses

When stress appears, the brain communicates with the body.

### **The Body Sends Signals**

The body may show:

Physical signs:

- Fast heartbeat
- Muscle tension
- Changes in breathing
- Feeling tired
- Stomach discomfort

Emotional signs:

- Fear
- Anger
- Sadness
- Overwhelm
- Numbness

### **The Stress Connection**

A trigger happens:

↓

The brain detects a possible threat:

↓

The nervous system activates:

↓

The body responds:

↓

I notice my thoughts, feelings, and sensations

### **Client Reflection**

A situation that affects me:

---

What thoughts appear?

---



---

What emotions do I notice?

---

What happens in my body?

---

### **My Body Signals**

When I feel stressed, my body tells me:

---

When I feel safe, my body feels:

---

### **Creating Body Awareness**

I can support my body and brain by:

- Breathing slowly
- Relaxing my muscles
- Grounding in the present moment
- Moving my body
- Listening to my needs

### **Therapist Notes**

The body often communicates before the conscious mind understands an emotional response.

Helping clients recognize body signals can improve emotional regulation and increase awareness of trauma patterns.

### **Key Message**

*"Your body is always communicating with you. Learning to listen creates more choices for healing."*

### **Clinical Summary**

- **Tool Type:** Psychoeducation and Body Awareness Exercise



- **Time:** 10–15 minutes
- **Best Used For:** Trauma awareness, emotional regulation, and nervous system education

### TOOL #13 - THE STRESS RESPONSE TIMELINE



#### UNDERSTANDING HOW THE BODY RESPONDS TO STRESS OVER TIME

The Stress Response Timeline helps clients understand the different stages of a stress response and how the nervous system reacts before, during, and after a stressful event.

This tool helps clients recognize early warning signs, understand their reactions, and practice regulation skills.

#### When To Use This Tool

Use this tool with clients experiencing:

- Trauma symptoms
- Anxiety
- Emotional overwhelm
- Panic responses
- Stress reactions
- Difficulty calming down

#### Clinical Goals

Help clients:

- Understand the stress cycle

- Identify personal warning signs
- Recognize nervous system activation
- Practice regulation before overwhelm
- Increase self-awareness

### **Therapist Introduction**

"Stress responses happen in stages. Learning to recognize these stages helps you respond earlier and support your nervous system before it becomes overwhelmed."

#### **Stage 1: Trigger**

"Something feels unsafe or stressful."

Common experiences:

- A reminder of the past
- Conflict
- A difficult situation
- A strong emotion

My triggers:

---

#### **Stage 2: Activation**

"My nervous system begins to respond."

Common signs:

- Increased heart rate
- Tension in the body
- Racing thoughts
- Strong emotions
- Feeling alert

My warning signs:

---

**Stage 3: Survival Response**

"My brain moves into protection mode."

Possible responses:

- Fight
- Flight
- Freeze
- Fawn

My usual response:

---

**Stage 4: Recovery**

"My nervous system begins to return to balance."

Helpful actions:

- Breathing slowly
- Resting
- Talking with someone safe
- Grounding exercises
- Taking care of my body

What helps me recover:

---

**Client Reflection**

A recent stressful situation:

---

What was the trigger?

---

What did I notice in my body?

---

What helped me return to calm?

---

### **Therapist Notes**

Stress responses are natural protective reactions from the nervous system.

The goal is to help clients recognize the stages of activation and develop skills to return to safety and balance.

### **Key Message**

"Understanding your stress response gives you the power to notice, regulate, and heal."

### **Clinical Summary**

- **Tool Type:** Psychoeducation and Stress Awareness Exercise
- **Time:** 10–15 minutes
- **Best Used For:** Trauma education, emotional regulation, and recognizing nervous system patterns

## **TOOL #14 - THE TRAUMA TRIGGER EDUCATION HANDOUT**

---

### **UNDERSTANDING TRIGGERS AND WHY THEY ACTIVATE THE NERVOUS SYSTEM**

The Trauma Trigger Education Handout helps clients understand what triggers are and why certain situations, memories, or sensations can create strong emotional reactions.

After trauma, the brain may connect certain experiences with danger and activate survival responses.

This tool helps clients recognize triggers and respond with awareness.

### **When To Use This Tool**

Use this tool with clients experiencing:

- Trauma symptoms
- PTSD responses
- Anxiety

- Emotional reactions
- Avoidance patterns
- Difficulty understanding reactions

### **Clinical Goals**

Help clients:

- Understand trauma triggers
- Identify personal triggers
- Recognize nervous system responses
- Reduce shame around reactions
- Develop coping strategies

### **Therapist Introduction**

"A trigger is not a sign of weakness. It is your brain and body responding to something that reminds you of a past experience."

### **What Is A Trauma Trigger?**

A trigger is something that activates a strong emotional or physical response because it is connected to a past experience.

Triggers can include:

- Places
- People
- Sounds
- Smells
- Words
- Memories
- Emotions
- Body sensations

### **How The Brain Responds To Triggers**

A trigger happens:

↓

The brain detects possible danger

↓

The nervous system activates

↓

The body creates a survival response

↓

I may experience fight, flight, freeze, or fawn

### **Common Trigger Responses**

When triggered, I may notice:

#### **Physical:**

- Fast heartbeat
- Muscle tension
- Changes in breathing
- Feeling hot or cold

#### **Emotional:**

- Fear
- Anger
- Sadness
- Panic
- Numbness

#### **Behavioral:**

- Avoiding
- Shutting down
- Reacting quickly
- Seeking reassurance

## My Trigger Awareness

A situation that triggers me:

---

What does my body feel?

---

What emotion appears?

---

What survival response do I notice?

---

## Responding To Triggers

When I notice a trigger, I can:

- Remind myself I am in the present
- Take slow breaths
- Ground myself
- Identify what I need
- Ask for support
- Choose my response

## Therapist Notes

Triggers are protective signals from the nervous system.

The goal is not to avoid all triggers, but to help clients recognize them, regulate their responses, and create a greater sense of safety.

## Key Message

"A trigger is a reminder, not a danger. Healing helps your brain learn the difference."

## Clinical Summary

- **Tool Type:** Psychoeducation and Trigger Awareness Exercise
- **Time:** 10–15 minutes

- **Best Used For:** Trauma education, emotional regulation, and understanding survival responses



## TOOL #15 - THE NEUROPLASTICITY HEALING GUIDE



---

### UNDERSTANDING HOW THE BRAIN CHANGES THROUGH HEALING AND PRACTICE

The Neuroplasticity Healing Guide helps clients understand how the brain can create new pathways through learning, experiences, and repeated practice.

After trauma, the brain may develop strong patterns connected to fear, stress, and protection.

This tool helps clients understand that healing is possible because the brain can adapt and change.

#### **When To Use This Tool**

Use this tool with clients experiencing:

- Trauma symptoms
- Negative thought patterns
- Anxiety
- Emotional regulation difficulties
- Low self-confidence

- Difficulty creating new habits

## **Clinical Goals**

Help clients:

- Understand brain flexibility
- Develop hope for change
- Recognize healing patterns
- Practice new responses
- Build healthier habits

## **Therapist Introduction**

"Your brain is always learning. The same way it learned survival patterns, it can learn new patterns that support healing, safety, and growth."

## **What Is Neuroplasticity?**

Neuroplasticity is the brain's ability to:

- Create new connections
- Strengthen healthy patterns
- Learn new skills
- Adapt through experiences

The brain changes through:

- Repetition
- Practice
- New experiences
- Safe relationships

## **Old Brain Patterns**

After trauma, the brain may learn:

- "I am not safe."
- "I must always be prepared."

- "I cannot trust others."
- "My emotions are too much."

These patterns were created for protection.

### **New Healing Patterns**

Through practice, the brain can learn:

- "I can create safety."
- "I can handle difficult emotions."
- "I have choices."
- "I can build healthy connections."

Building New Brain Pathways

I strengthen my healing brain by:

- Practicing new responses
- Challenging old beliefs
- Creating safe experiences
- Using regulation skills
- Showing myself compassion

### **Client Reflection**

A pattern I want to change:

---

A new response I want to practice:

---

Something my healing brain is learning:

---

A healthy habit I want to strengthen:

---

### **Therapist Notes**

---

Neuroplasticity reminds clients that trauma patterns are learned responses, not permanent identities.

The goal is not to erase the past, but to create new pathways that support safety, connection, and healing.

### Key Message

*"Your brain learned to survive. Your brain can also learn to heal."*

### Clinical Summary

- **Tool Type:** Psychoeducation and Growth Mindset Exercise
- **Time:** 10–15 minutes
- **Best Used For:** Trauma recovery, emotional regulation, self-compassion, and building new patterns

### TOOL #16 - THE BRAIN REWIRING DAILY PRACTICE



---

#### BUILDING NEW BRAIN PATHWAYS THROUGH DAILY HEALING HABITS

The Brain Rewiring Daily Practice helps clients understand how small, repeated actions can create healthier patterns in the brain.

After trauma, the brain may become focused on protection and survival.

This tool helps clients practice new thoughts, behaviors, and regulation skills that support healing.

### **When To Use This Tool**

Use this tool with clients experiencing:

- Trauma symptoms
- Negative thought patterns
- Anxiety
- Emotional regulation difficulties
- Low self-confidence
- Difficulty creating healthy routines

### **Clinical Goals**

Help clients:

- Build awareness of daily patterns
- Practice new responses
- Strengthen healthy brain pathways
- Create consistent healing habits
- Develop self-compassion

### **Therapist Introduction**

"Your brain changes through repetition. Every time you practice a healthy response, you strengthen a new pathway for healing."

### **Daily Brain Rewiring Practice**

#### **1. Notice**

What pattern did I notice today?

---

#### **2. Pause**

Before reacting, I can ask:

"What am I feeling?"

---

---

"What do I need right now?"

---

### **3. Choose A New Response**

Instead of my old pattern, I can practice:

---

### **4. Reinforce Safety**

Today I created safety by:

---

### **Healing Statements**

I can practice telling myself:

- I am learning new ways to respond.
- My brain can change.
- I can create safety in the present.
- Healing happens through small steps.

### **Daily Reflection**

One positive action I took today:

---

Something my brain learned today:

---

A habit I want to continue building:

---

### **Therapist Notes**

Brain rewiring happens through repeated experiences, not perfection.

Small consistent practices help strengthen new patterns of thinking, feeling, and responding.

### **Key Message**

---

*"Every time you practice a healthier response, you help your brain build a new pathway."*

### Clinical Summary

- **Tool Type:** Neuroplasticity and Daily Healing Practice
- **Time:** 5–10 minutes
- **Best Used For:** Trauma recovery, habit building, emotional regulation, and developing healthier patterns

## TOOL #17 - THE SAFETY BRAIN CHECKLIST

---

### RECOGNIZING SAFETY SIGNALS AND HELPING THE BRAIN FEEL SECURE

The Safety Brain Checklist helps clients identify signs of safety in their environment, body, and relationships.

After trauma, the brain may focus more on danger than safety.

This tool helps clients practice noticing safe experiences and strengthening feelings of security.

### When To Use This Tool

Use this tool with clients experiencing:

- Trauma symptoms
- Anxiety
- Hypervigilance
- Difficulty relaxing
- Fear responses
- Feeling unsafe
- Clinical Goals

Help clients:

- Recognize safety signals
- Build present-moment awareness

- Reduce constant threat scanning
- Strengthen nervous system regulation
- Develop feelings of stability
- Therapist Introduction

"After trauma, the brain may become very good at finding danger. Healing also means teaching the brain to notice safety."

### **My Safety Signals**

Things that help my brain feel safe:

- ☐ A calm environment
- ☐ Supportive people
- ☐ Predictable routines
- ☐ Feeling respected
- ☐ Clear boundaries
- ☐ Feeling heard

Other safety signals:

---

### **Safety In My Body**

When I feel safe, I notice:

My breathing:

---

My muscles:

---

My emotions:

---

### **Safety In The Present Moment**

Right now, I can notice:

Something I see:

---



---



Something I hear:

---

Something that reminds me I am safe:

---

### **Building My Safety Brain**

I can support my brain by:

- Creating healthy routines
- Practicing grounding skills
- Connecting with safe people
- Taking care of my body
- Reminding myself of present safety

### **Client Reflection**

A place where I feel safe:

---

A person who helps me feel safe:

---

A practice that helps my nervous system calm down:

---

### **Therapist Notes**

The trauma brain often looks for danger as a way to protect the person.

The goal is not to ignore danger, but to help the brain recognize safety when it is present.

### **Key Message**

*"Your brain learned to look for danger. Healing helps your brain remember to look for safety too."*

### **Clinical Summary**

- **Tool Type:** Safety Awareness and Nervous System Regulation Exercise
- **Time:** 10–15 minutes
- **Best Used For:** Trauma recovery, grounding, emotional regulation, and building a sense of safety

## TOOL #18 - THE EMOTIONAL BRAIN VOCABULARY BUILDER

---

### UNDERSTANDING EMOTIONS AND LEARNING TO DESCRIBE INNER EXPERIENCES

The Emotional Brain Vocabulary Builder helps clients identify, name, and understand their emotions.

After trauma, some people may have difficulty recognizing feelings or describing what is happening inside.

This tool helps clients build emotional awareness and improve communication.

#### **When To Use This Tool**

Use this tool with clients experiencing:

- Trauma symptoms
- Emotional confusion
- Difficulty expressing feelings
- Anxiety
- Emotional overwhelm
- Relationship challenges

#### **Clinical Goals**

Help clients:

- Identify emotions
- Increase emotional awareness
- Improve communication
- Understand emotional patterns

- Develop healthier responses

### **Therapist Introduction**

"Naming an emotion helps the brain understand the experience. When we can identify what we feel, we can better respond to what we need."

### **Basic Emotion Categories**

#### **Fear**

"My brain is sensing possible danger."

Examples:

- Worried
- Nervous
- Scared
- Unsafe
- Overwhelmed

#### **Anger**

"My needs or boundaries may feel threatened."

Examples:

- Frustrated
- Irritated
- Resentful
- Hurt
- Defensive

#### **Sadness**

"I am experiencing loss or emotional pain."

Examples:

- Lonely
- Disappointed

- Empty
- Heartbroken
- Discouraged

### **Joy**

"My brain recognizes something positive or safe."

Examples:

- Happy
- Peaceful
- Connected
- Grateful
- Hopeful

### **Shame**

"I feel negative about myself."

Examples:

- Unworthy
- Embarrassed
- Guilty
- Not enough
- Disconnected

### **Client Reflection**

The emotion I notice most often:

---

A situation that brings up this emotion:

---

Where do I feel this emotion in my body?

---

What does this emotion need me to understand?

---

### **Building Emotional Awareness**

I can practice:

- Naming my emotions
- Noticing body sensations
- Accepting feelings without judgment
- Sharing emotions with safe people
- Asking for what I need

### **Therapist Notes**

Emotions are messages from the brain and body.

The goal is not to eliminate difficult emotions, but to help clients understand them and respond in healthier ways.

### **Key Message**

"An emotion is a message, not a problem. Understanding your emotions creates more choices."

### **Clinical Summary**

- **Tool Type:** Emotional Awareness and Psychoeducation Exercise
- **Time:** 10–15 minutes
- **Best Used For:** Trauma recovery, emotional identification, communication, and self-awareness

## **TOOL #19 - THE TRAUMA MYTH VS FACT SHEET**

---

### **UNDERSTANDING COMMON MISUNDERSTANDINGS ABOUT TRAUMA AND HEALING**

The Trauma Myth vs Fact Sheet helps clients recognize common misunderstandings about trauma responses, emotions, and recovery.

Many people blame themselves or misunderstand their reactions after trauma.

---

This tool provides education, reduces shame, and supports a healthier understanding of the healing process.

### **When To Use This Tool**

Use this tool with clients experiencing:

- Trauma symptoms
- PTSD responses
- Self-blame
- Shame
- Emotional confusion
- Difficulty understanding reactions

### **Clinical Goals**

Help clients:

- Correct trauma-related misconceptions
- Reduce shame and self-criticism
- Understand survival responses
- Increase self-compassion
- Develop realistic healing expectations

### **Therapist Introduction**

"Many beliefs about trauma are inaccurate. Understanding the truth about trauma can help you replace blame with compassion and understanding."

### **Myth vs Fact**

**Myth:** "If I am still struggling, I should be over it by now."

**Fact:** Healing from trauma takes time. The brain and nervous system heal through safety, support, and repeated positive experiences.

---

**Myth:** "My reactions mean something is wrong with me."

**Fact:** Trauma responses are protective reactions created by the nervous system.

---

---

**Myth:** "I should be able to forget what happened."

**Fact:** Healing does not mean forgetting. It means learning that the past does not control the present.

---

**Myth:** "Strong emotions mean I am losing control."

**Fact:** Emotions are signals from the brain and body trying to communicate a need.

---

**Myth:** "Trauma only affects the mind."

**Fact:** Trauma can affect thoughts, emotions, the body, and the nervous system.

---

**Myth:** "I am weak because I was affected by trauma."

**Fact:** Survival responses show that the brain and body were trying to protect you.

---

### **Client Reflection**

A trauma belief I used to have:

---

A new understanding I am learning:

---

Something I want to stop blaming myself for:

---

A message of compassion I can give myself:

---

### **Therapist Notes**

Education about trauma helps clients understand that their reactions are normal responses to difficult experiences.

Replacing myths with accurate information can reduce shame and support healing.

---

## Key Message

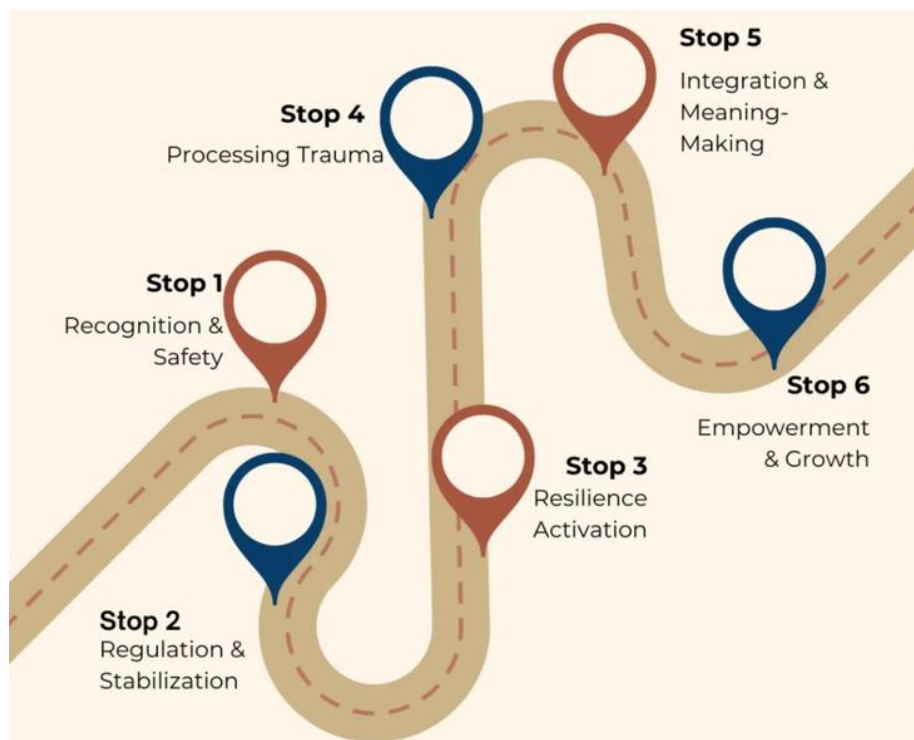
"Trauma responses are not signs of weakness. They are signs that your brain and body tried to protect you."

## Clinical Summary

- **Tool Type:** Trauma Psychoeducation and Cognitive Awareness Exercise
- **Time:** 10–15 minutes
- **Best Used For:** Trauma education, reducing shame, self-compassion, and understanding healing



## TOOL #20 - THE HEALING AFTER TRAUMA ROADMAP



### UNDERSTANDING THE JOURNEY FROM SURVIVAL TO HEALING

The Healing After Trauma Roadmap helps clients understand the different stages of trauma recovery.

Healing is not a straight path. It is a process of learning safety, understanding experiences, building new skills, and creating a meaningful future.

This tool helps clients recognize progress and develop hope during recovery.

#### **When To Use This Tool**

Use this tool with clients experiencing:

- Trauma symptoms
- PTSD responses

- Emotional struggles
- Difficulty understanding the healing process
- Feelings of hopelessness
- Challenges with recovery

### **Clinical Goals**

Help clients:

- Understand the healing process
- Recognize personal progress
- Develop realistic expectations
- Build hope and motivation
- Identify areas for growth

### **Therapist Introduction**

"Healing from trauma happens step by step. The goal is not to erase the past, but to build a safer relationship with yourself and your life."

### **Stage 1: Safety and Stabilization**

"I am learning to feel safe."

Focus areas:

- Understanding trauma responses
- Creating healthy routines
- Building support systems
- Learning grounding skills
- Regulating the nervous system

My safety practices:

---

### **Stage 2: Awareness and Understanding**

"I am learning about my experiences."

Focus areas:

- Identifying triggers
- Understanding emotions
- Recognizing patterns
- Developing self-awareness

Something I understand better now:

---

### **Stage 3: Healing and Processing**

"I am working through what happened."

Focus areas:

- Processing emotions
- Changing unhealthy beliefs
- Building self-compassion
- Creating new responses

Something I am healing:

---

### **Stage 4: Growth and Moving Forward**

"I am creating a new future."

Focus areas:

- Building confidence
- Strengthening relationships
- Creating goals
- Living with greater freedom

Something I want to create:

---

### **Client Reflection**

---

Where am I in my healing journey?

---

A sign that I am making progress:

---

Something I have learned about myself:

---

A step I want to take next:

---

**Therapist Notes**

Trauma recovery looks different for every person.

The goal is not perfection or forgetting the past. The goal is developing safety, awareness, resilience, and the ability to choose new responses.

**Key Message**

"Healing is not about becoming who you were before trauma. It is about building a stronger and safer relationship with yourself."

**Clinical Summary**

- **Tool Type:** Trauma Recovery Planning and Self-Awareness Exercise
- **Time:** 10–15 minutes
- **Best Used For:** Trauma education, recovery planning, hope building, and self-reflection

**TOOL #21 - THE NERVOUS SYSTEM EDUCATION CARDS**

**UNDERSTANDING YOUR NERVOUS SYSTEM AND HOW IT RESPONDS TO STRESS**

The Nervous System Education Cards help clients learn how the nervous system works and how it influences emotions, thoughts, and body reactions.

These cards provide simple explanations that help clients understand stress responses and develop awareness of their internal experiences.

## **When To Use This Tool**

Use this tool with clients experiencing:

- Trauma symptoms
- Anxiety
- Emotional overwhelm
- Stress reactions
- Difficulty understanding body responses
- Nervous system dysregulation

## **Clinical Goals**

Help clients:

- Learn basic nervous system concepts
- Recognize stress responses
- Understand body signals
- Increase self-awareness
- Practice emotional regulation

## **Therapist Introduction**

"Your nervous system is constantly working to protect you. Learning how it works can help you understand your reactions and create new ways to respond."

## **Card 1: The Nervous System**

Purpose:

The nervous system helps your body:

- Detect safety
- Detect danger
- Respond to situations
- Regulate emotions

Reminder:

"My nervous system is trying to protect me."

### **Card 2: The Alarm System**

Purpose:

The brain looks for possible threats to keep you safe.

When activated, you may notice:

- Fear
- Stress
- Tension
- Strong emotions

Reminder:

"My alarm system is active, but I can check if I am safe now."

### **Card 3: Fight Response**

Message:

"I protect myself by confronting."

Signs:

- Anger
- Defensiveness
- Frustration
- Feeling the need to control

Reminder:

"I can protect myself in healthy ways."

### **Card 4: Flight Response**

Message:

"I protect myself by escaping."

Signs:

- Worry

- Avoidance
- Restlessness
- Overthinking

Reminder:

"I can slow down and stay present."

**Card 5: Freeze Response**

Message:

"I protect myself by shutting down."

Signs:

- Numbness
- Feeling stuck
- Disconnection
- Low energy

Reminder:

"I can gently reconnect with myself."

**Card 6: Fawn Response**

Message:

"I protect myself by pleasing others."

Signs:

- Saying yes too often
- Avoiding conflict
- Ignoring my needs

Reminder:

"My needs matter too."

**Card 7: Regulation**

Message:

"I can help my nervous system return to balance."

Helpful practices:

- Breathing
- Grounding
- Movement
- Supportive connection

Reminder:

"I can learn to feel safe."

### **Client Reflection**

The nervous system response I notice most:

---

A body signal I want to pay attention to:

---

A regulation skill that helps me:

---

### **Therapist Notes**

Education helps clients understand that nervous system responses are protective, automatic, and learned.

The goal is to increase awareness and create healthier responses, not to judge or eliminate reactions.

### **Key Message**

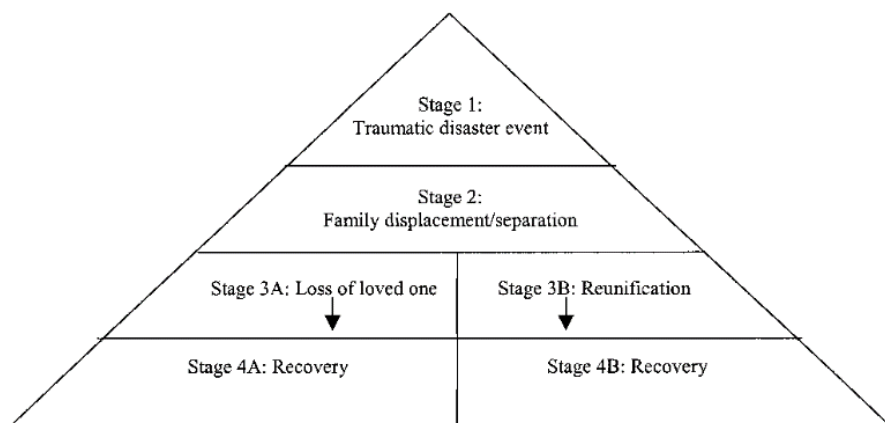
"Understanding your nervous system helps you understand yourself."

### **Clinical Summary**

- **Tool Type:** Psychoeducation and Nervous System Awareness Exercise
- **Time:** 10–15 minutes
- **Best Used For:** Trauma education, emotional regulation, and increasing self-awareness



## TOOL #22 - THE TRAUMA RECOVERY PYRAMID



---

### UNDERSTANDING THE STAGES OF HEALING AFTER TRAUMA

The Trauma Recovery Pyramid helps clients understand that healing happens in stages.

Recovery begins with creating safety and stability before moving into deeper emotional healing and personal growth.

This tool helps clients recognize where they are in their healing journey and focus on the next step.

#### **When To Use This Tool**

Use this tool with clients experiencing:

- Trauma symptoms
- PTSD responses
- Emotional instability
- Difficulty feeling safe
- Healing challenges
- Recovery transitions

#### **Clinical Goals**

Help clients:

- Understand the trauma recovery process
- Identify current healing needs
- Build stability and safety
- Develop healthy coping skills
- Create hope for growth

### **Therapist Introduction**

"Trauma healing is a process. Each stage builds on the one before it. Healing begins by creating safety, then building awareness, and eventually moving toward growth."

#### **Level 1: Safety and Stability**

"I am learning to feel safe."

Focus areas:

- Creating a safe environment
- Building support
- Understanding trauma responses
- Regulating the nervous system
- Developing healthy routines

My safety needs:

---

#### **Level 2: Awareness and Understanding**

"I am learning about myself."

Focus areas:

- Identifying triggers
  - Understanding emotions
  - Recognizing patterns
  - Connecting thoughts, feelings, and body signals
-

Something I understand better:

---

**Level 3: Healing and Processing**

"I am working through my experiences."

Focus areas:

- Processing emotions
- Changing unhealthy beliefs
- Building self-compassion
- Creating new responses

Something I am working through:

---

**Level 4: Growth and Integration**

"I am building my future."

Focus areas:

- Developing confidence
- Creating meaningful goals
- Strengthening relationships
- Living with greater freedom

Something I want to build:

---

**Client Reflection**

The level I feel I am currently working on:

---

A strength I have developed:

---

The next step in my healing:

---

---

## Therapist Notes

Trauma recovery is not a race.

Clients may move between stages depending on life circumstances and stress levels.

The goal is not to complete each stage perfectly, but to continue building safety, awareness, and resilience.

## Key Message

"Healing happens step by step. Every stage of recovery is progress."

## Clinical Summary

- **Tool Type:** Trauma Recovery Education and Self-Reflection Exercise
- **Time:** 10–15 minutes
- **Best Used For:** Trauma education, recovery planning, self-awareness, and building hope

## TOOL #23 - THE BRAIN STATE IDENTIFICATION TOOL



---

### Survival State

#### BRAIN STEM

The Survival State represents the primal brain and asks the question, "Am I safe?" The only way to soothe the Survival State is through the creation of *Safety*.



---

### Emotional State

#### LYMBIC SYSTEM

This Brain State represents mid-level functionality and asks the question, "Am I loved?" The only way to soothe an upset emotional state is through *Connection*.



---

### Executive State

#### PREFRONTAL LOBES

The Executive State represents the optimal state for problem-solving and learning. This Brain State asks the question, "What can I learn from this?"

---

## UNDERSTANDING YOUR BRAIN STATE AND EMOTIONAL RESPONSES

The Brain State Identification Tool helps clients recognize which state their brain and nervous system are experiencing during different situations.

After trauma, the brain may quickly move into survival states even when there is no immediate danger.

This tool helps clients identify their current state and choose responses that support healing.

### **When To Use This Tool**

Use this tool with clients experiencing:

- Trauma symptoms
- Emotional overwhelm
- Anxiety
- Stress reactions
- Difficulty understanding emotions
- Feeling disconnected

### **Clinical Goals**

Help clients:

- Identify brain states
- Recognize emotional patterns
- Understand survival responses
- Increase self-awareness
- Practice healthier responses

### **Therapist Introduction**

"Your brain moves through different states depending on what is happening around you and inside you. Learning to identify your state helps you understand what you need."

### **The Survival Brain State**

"I need to protect myself."

The brain focuses on safety and danger.

Common signs:

- Feeling threatened
- Strong emotions
- Reacting quickly
- Difficulty thinking clearly
- Fight, flight, freeze, or fawn responses

### **The Emotional Brain State**

"I am experiencing strong feelings."

The brain focuses on emotions and memories.

Common signs:

- Feeling overwhelmed
- Strong emotional reactions
- Difficulty calming down
- Being guided by feelings

### **The Thinking Brain State**

"I can pause and choose."

The brain is able to use awareness and reasoning.

Common signs:

- Clear thinking
- Emotional balance
- Problem solving
- Making intentional choices

### **The Connected Brain State**

"I feel safe and supported."

The brain experiences connection and security.

Common signs:

- Feeling calm
- Trusting others
- Feeling present
- Able to communicate needs

### **Client Reflection**

Right now, my brain feels mostly in:

- ☐ Survival State
- ☐ Emotional State
- ☐ Thinking State
- ☐ Connected State

What signs do I notice?

---

What does my brain need right now?

---

A healthier state I want to practice:

---

### **Moving Toward Balance**

I can support my brain by:

- Taking a pause
- Practicing grounding
- Regulating my body
- Naming my emotions
- Connecting with safe people

### **Therapist Notes**

Clients often experience different brain states throughout the day.

The goal is not to avoid survival states, but to recognize them and develop the ability to return to a balanced state.

## **Key Message**

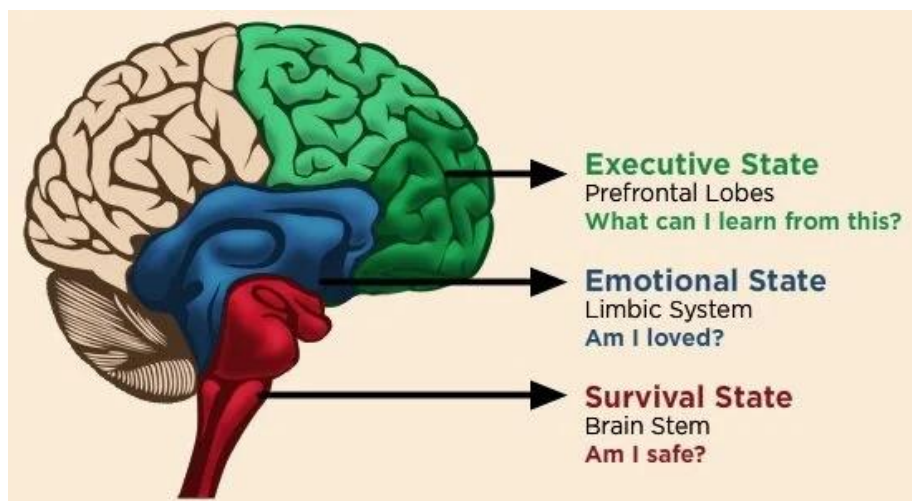
"Understanding your brain state helps you understand your reactions and choose your next step."

## **Clinical Summary**

- **Tool Type:** Brain Awareness and Emotional Regulation Exercise
- **Time:** 10–15 minutes
- **Best Used For:** Trauma education, self-awareness, emotional regulation, and nervous system understanding



## TOOL #24 - THE EMOTIONAL REGULATION BRAIN CHART



---

### UNDERSTANDING HOW THE BRAIN MANAGES EMOTIONS AND RESPONSES

The Emotional Regulation Brain Chart helps clients understand how different parts of the brain work together to manage emotions, reactions, and choices.

After trauma, the emotional and survival systems of the brain may become more active, making regulation more difficult.

This tool helps clients recognize emotional states and practice returning to balance.

#### **When To Use This Tool**

Use this tool with clients experiencing:

- Trauma symptoms
- Emotional overwhelm
- Anxiety
- Stress reactions
- Difficulty managing emotions
- Impulsive responses

## **Clinical Goals**

Help clients:

- Understand emotional regulation
- Recognize brain responses
- Identify emotional triggers
- Strengthen coping skills
- Develop mindful responses

## **Therapist Introduction**

"Your brain has different systems that work together when you experience emotions. Learning how these systems work helps you understand your reactions and create healthier responses."

## **The Alarm Brain**

"Is something dangerous happening?"

The alarm brain focuses on protection.

Common signs:

- Fear
- Stress
- Anger
- Feeling threatened
- Survival responses

## **The Emotional Brain**

"What am I feeling?"

The emotional brain processes feelings and memories.

Common signs:

- Strong emotions
- Emotional memories
- Feeling overwhelmed

- Difficulty calming down

### **The Thinking Brain**

"What is the best choice?"

The thinking brain helps with:

- Problem solving
- Decision making
- Self-control
- Understanding situations

Common signs:

- Clear thinking
- Patience
- Ability to pause

### **The Balanced Brain**

"I can feel and respond."

A regulated brain can:

- Experience emotions
- Stay present
- Communicate needs
- Make healthy choices

### **Client Reflection**

When I feel overwhelmed, my brain usually:

---

The emotions I experience most often:

---

The body signals I notice:

---

A strategy that helps me return to balance:

---

### **Emotional Regulation Practice**

When strong emotions appear, I can:

- Pause before reacting
- Take slow breaths
- Name my emotion
- Check the facts
- Choose my response
- Ask for support

### **Therapist Notes**

Emotional regulation is a skill that develops through awareness and practice.

The goal is not to remove emotions, but to help clients understand emotions and respond in healthier ways.

### **Key Message**

"Your emotions are important messages. Regulation helps you choose how to respond."

### **Clinical Summary**

- **Tool Type:** Brain Education and Emotional Regulation Exercise
- **Time:** 10–15 minutes
- **Best Used For:** Trauma recovery, emotional awareness, self-control, and nervous system regulation

## **TOOL #25 - THE TRAUMA PROCESSING PREPARATION GUIDE**

---

### **PREPARING THE MIND AND BODY BEFORE EXPLORING TRAUMA EXPERIENCES**

The Trauma Processing Preparation Guide helps clients understand the importance of safety, stability, and emotional readiness before processing difficult experiences.

---

Before exploring painful memories, clients benefit from learning coping skills, understanding their responses, and building a sense of control.

This tool helps clients prepare for trauma work in a safe and supportive way.

### **When To Use This Tool**

Use this tool with clients experiencing:

- Trauma symptoms
- PTSD responses
- Emotional overwhelm
- Fear of processing memories
- Difficulty with emotional regulation
- Need for stabilization skills

### **Clinical Goals**

Help clients:

- Build emotional safety
- Understand readiness for trauma work
- Develop coping strategies
- Increase confidence
- Create a personal support plan

### **Therapist Introduction**

"Before we explore difficult experiences, it is important to build safety and learn tools that help you stay connected to the present moment."

### **Step 1: Creating Safety**

A safe environment includes:

- Feeling supported
- Knowing personal limits
- Having coping strategies
- Understanding emotions

- Knowing when to pause

My safety needs:

---

## **Step 2: Understanding My Responses**

When difficult emotions appear, I may notice:

My thoughts:

---

My emotions:

---

My body sensations:

---

## **Step 3: My Coping Tools**

Tools that help me feel grounded:

- ☐ Deep breathing
- ☐ Grounding exercises
- ☐ Movement
- ☐ Journaling
- ☐ Talking with support
- ☐ Relaxation techniques

Other tools:

---

## **Step 4: My Support Plan**

People or resources I can use for support:

---

What helps me feel safe after difficult emotions:

---

## **Step 5: My Personal Boundaries**

During trauma work, I can:

---

- Ask for a pause
- Share only what feels safe
- Notice my limits
- Practice self-care
- Move at my own pace

### **Client Reflection**

I know I am ready to process when:

---

A sign that I need to slow down:

---

A skill I want to strengthen before processing:

---

### **Therapist Notes**

Trauma processing should be supported by safety, stabilization, and emotional regulation skills.

The goal is not to force memories or emotions, but to help clients approach healing with control, awareness, and support.

### **Key Message**

"Safety comes first. Healing happens when the mind and body feel supported enough to process."

### **Clinical Summary**

- **Tool Type:** Trauma Preparation and Stabilization Exercise
- **Time:** 10–15 minutes
- **Best Used For:** Trauma therapy preparation, emotional regulation, safety building, and coping skill development

## **TOOL #26 - THE MEMORY NETWORK MAPPING EXERCISE**

---

## UNDERSTANDING HOW MEMORIES, EMOTIONS, AND TRIGGERS ARE CONNECTED

The Memory Network Mapping Exercise helps clients understand how the brain connects memories with emotions, body sensations, thoughts, and reactions.

After trauma, certain reminders can activate connected memories and create strong emotional responses.

This tool helps clients recognize these connections and develop greater awareness.

### **When To Use This Tool**

Use this tool with clients experiencing:

- Trauma symptoms
- PTSD responses
- Emotional triggers
- Flashbacks
- Anxiety
- Strong emotional reactions

### **Clinical Goals**

Help clients:

- Understand memory connections
- Identify emotional patterns
- Recognize triggers
- Separate memories from present reality
- Increase self-awareness

### **Therapist Introduction**

"Your brain stores experiences in connected networks. Sometimes a reminder can activate emotions, thoughts, or body sensations connected to the past. Understanding these connections helps create awareness and choice."

### **The Memory Network**

A memory may connect with:



Event

What happened?

---

Thoughts

What did I believe about myself or the situation?

---

Emotions

What feelings are connected?

---

Body Sensations

What does my body remember?

---

Triggers

What reminds my brain of this experience?

---

### **Mapping My Experience**

A situation that activates me:

---

The memory or feeling connected to it:

---

The emotion that appears:

---

The body response I notice:

---

The meaning my brain created:

---

### **Creating A New Connection**

---

A healthier thought I can practice:

---

What I know about the present moment:

---

A message of safety I can give myself:

---

**Client Reflection**

Something I understand better about my reactions:

---

A pattern I notice:

---

A new response I want to practice:

---

**Therapist Notes**

Traumatic memories can become strongly connected with emotions, body sensations, and survival responses.

The goal is not to erase memories, but to help clients understand their connections and create a stronger sense of safety in the present.

**Key Message**

"Your brain created connections to protect you. Healing helps you create new connections that support safety and growth."

**Clinical Summary**

- **Tool Type:** Trauma Awareness and Memory Processing Exercise
- **Time:** 10–15 minutes
- **Best Used For:** Trauma education, trigger awareness, emotional regulation, and understanding memory patterns

**TOOL #27 - THE STRESS CYCLE COMPLETION TOOL**



---

## UNDERSTANDING HOW THE BODY RELEASES STRESS AND RETURNS TO BALANCE

The Stress Cycle Completion Tool helps clients understand that stress responses are designed to move through the body and eventually return to a state of safety.

After trauma, the nervous system may remain activated because the body does not always complete the stress response.

This tool helps clients recognize stress signals and practice healthy ways to release tension.

### **When To Use This Tool**

Use this tool with clients experiencing:

- Trauma symptoms
- Chronic stress
- Anxiety
- Emotional overwhelm
- Body tension
- Difficulty relaxing

## **Clinical Goals**

Help clients:

- Understand the stress cycle
- Recognize body activation
- Support nervous system regulation
- Release stored tension
- Develop healthy coping strategies

## **Therapist Introduction**

"Your body has a natural stress response designed to protect you. Healing includes helping your nervous system complete that response and return to safety."

## **The Stress Cycle**

### **Step 1: Activation**

"My body senses stress or danger."

Common signs:

- Increased heart rate
- Muscle tension
- Racing thoughts
- Strong emotions

My activation signs:

---

### **Step 2: Stress Response**

"My nervous system prepares me to respond."

Possible responses:

- Fight
  - Flight
  - Freeze
-

- Fawn

My usual response:

---

### **Step 3: Completion**

"My body releases the energy created by stress."

Healthy ways to complete the cycle:

- Movement
- Deep breathing
- Crying
- Talking
- Rest
- Grounding
- Relaxation

What helps my body release stress:

---

### **Step 4: Return To Safety**

"My nervous system begins to calm."

Signs of safety:

- Slower breathing
- Relaxed muscles
- Clear thinking
- Feeling connected

I know I am calming when:

---

### **Client Reflection**

A stressful situation I experienced:

---

---

How did my body respond?

---

What helped me return to balance?

---

A stress release practice I want to try:

---

### **Stress Completion Practices**

I can support my nervous system by:

- Moving my body
- Breathing slowly
- Spending time in nature
- Connecting with safe people
- Expressing emotions
- Resting and recovering

### **Therapist Notes**

Stress responses are natural protective processes.

When stress remains unfinished, clients may continue experiencing activation, tension, or emotional distress.

The goal is to help clients recognize activation and develop safe ways to return to regulation.

### **Key Message**

"Your body knows how to protect you. Healing helps your body learn how to return to calm."

### **Clinical Summary**

- **Tool Type:** Nervous System Regulation and Body Awareness Exercise
- **Time:** 10–15 minutes

- **Best Used For:** Trauma recovery, stress regulation, emotional awareness, and body-based healing

## TOOL #28 - THE BRAIN AND BODY AWARENESS PRACTICE

---

### UNDERSTANDING THE CONNECTION BETWEEN THOUGHTS, EMOTIONS, AND BODY SIGNALS

The Brain and Body Awareness Practice helps clients notice the connection between their thoughts, emotions, and physical sensations.

After trauma, the brain and body may react quickly to stress or reminders of past experiences.

This tool helps clients slow down, observe their experiences, and develop greater self-awareness.

#### **When To Use This Tool**

Use this tool with clients experiencing:

- Trauma symptoms
- Anxiety
- Emotional overwhelm
- Stress reactions
- Difficulty identifying emotions
- Feeling disconnected from the body

#### **Clinical Goals**

Help clients:

- Increase body awareness
- Recognize emotional signals
- Understand mind-body connections
- Identify stress responses
- Practice self-regulation

#### **Therapist Introduction**

"Your brain and body are always communicating. Learning to notice these signals helps you understand what you feel and what you need."

**Step 1: Notice My Body**

What sensations do I notice right now?

- ☐ Relaxed
- ☐ Tense
- ☐ Heavy
- ☐ Restless
- ☐ Calm

Where do I feel this in my body?

---

**Step 2: Notice My Emotions**

What emotion is present?

---

How strong is this emotion?

0 1 2 3 4 5 6 7 8 9 10

**Step 3: Notice My Thoughts**

What thoughts are showing up?

---

Is this thought connected to:

- ☐ The present moment
- ☐ A past experience
- ☐ A fear about the future

**Step 4: Connect The Information**

My body is telling me:

---

My emotions are telling me:

---

---



My thoughts are telling me:

---

### **Creating A Balanced Response**

I can support myself by:

- Taking slow breaths
- Naming what I feel
- Checking if I am safe now
- Relaxing my body
- Choosing my next action

### **Client Reflection**

Something I learned about my body:

---

A signal I want to pay more attention to:

---

A practice that helps me feel connected:

---

### **Therapist Notes**

Body awareness helps clients recognize early signs of stress and emotional activation.

The goal is not to judge body responses, but to develop curiosity and create healthier responses to internal experiences.

### **Key Message**

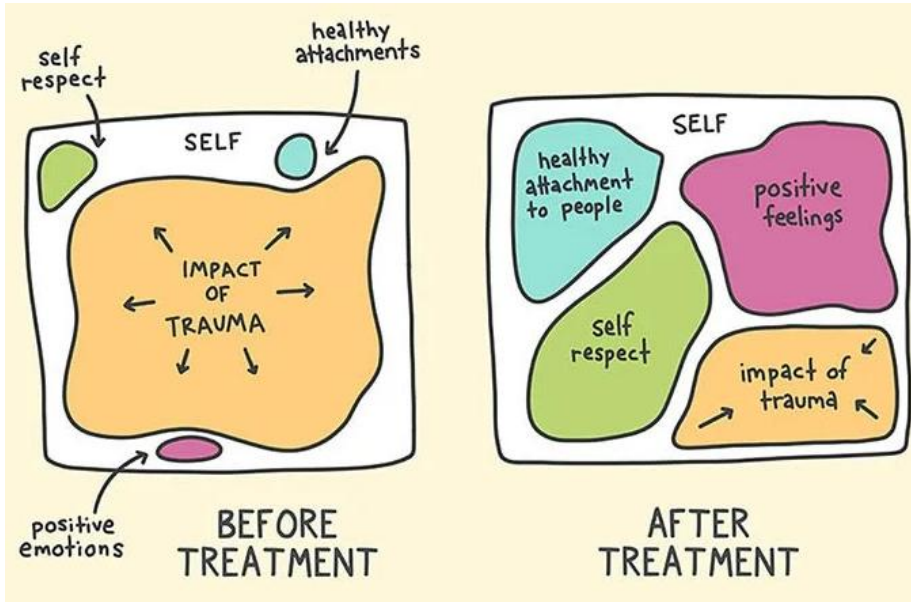
"Your body and brain are always communicating. Learning to listen helps you understand yourself and support healing."

### **Clinical Summary**

- **Tool Type:** Mind-Body Awareness and Regulation Exercise
- **Time:** 10–15 minutes

- **Best Used For:** Trauma awareness, emotional regulation, body connection, and self-awareness

## TOOL #29 - THE TRAUMA RECOVERY PROGRESS MAP



## TRACKING HEALING, GROWTH, AND PERSONAL PROGRESS AFTER TRAUMA

The Trauma Recovery Progress Map helps clients recognize their healing journey and notice changes over time.

Trauma recovery is not always a straight path. Progress can happen through small steps, new skills, increased awareness, and healthier responses.

This tool helps clients identify growth and celebrate progress.

### When To Use This Tool

Use this tool with clients experiencing:

- Trauma symptoms
- PTSD responses

- Recovery challenges
- Low motivation
- Self-criticism
- Difficulty noticing progress

### **Clinical Goals**

Help clients:

- Recognize healing progress
- Identify personal strengths
- Track emotional growth
- Build hope and motivation
- Develop self-compassion
- Therapist Introduction

"Healing is a process. Progress is not about being perfect. It is about noticing the small changes that show your brain and body are learning new ways to respond."

### **Stage 1: Awareness**

"I am beginning to understand myself."

Signs of progress:

- Recognizing triggers
- Understanding emotions
- Noticing body signals
- Learning about trauma responses

Something I understand better:

---

### **Stage 2: Regulation**

"I am learning how to support myself."

Signs of progress:

- Using coping skills
- Calming my nervous system
- Managing emotions
- Returning to balance faster

A skill I have developed:

---

### **Stage 3: Healing**

"I am creating new patterns."

Signs of progress:

- Changing old beliefs
- Setting boundaries
- Building self-compassion
- Responding instead of reacting

A pattern I am changing:

---

### **Stage 4: Growth**

"I am building my future."

Signs of progress:

- Feeling more confident
- Creating meaningful goals
- Building healthy connections
- Trusting myself more

Something I want to create:

---

### **My Progress Reflection**

A change I have noticed in myself:

---

---

Something I handle better now:

---

A strength I discovered through healing:

---

The next step I want to take:

---

### **Celebrating Progress**

Today I can recognize:

- ☐ I understand myself more
- ☐ I have learned new skills
- ☐ I respond differently than before
- ☐ I ask for support when needed
- ☐ I am creating safety in my life

### **Therapist Notes**

Trauma recovery should be measured by growth, awareness, and increased ability to cope, not by the absence of all difficult emotions.

Clients may move forward and backward between stages depending on stress, life events, and support.

### **Key Message**

"Progress is not about forgetting the past. Progress is about building a safer and stronger relationship with yourself."

### **Clinical Summary**

- **Tool Type:** Trauma Recovery Tracking and Self-Reflection Exercise
- **Time:** 10–15 minutes
- **Best Used For:** Trauma recovery, motivation, self-awareness, and recognizing growth

---

## TRACKING BRAIN CHANGES, EMOTIONAL GROWTH, AND HEALING PROGRESS

The Personal Healing Science Journal helps clients track their thoughts, emotions, body responses, and healing experiences over time.

This tool helps clients understand how daily choices, emotional awareness, and healthy practices support brain and nervous system healing.

### **When To Use This Tool**

Use this tool with clients experiencing:

- Trauma symptoms
- Emotional regulation challenges
- Anxiety
- Stress patterns
- Difficulty noticing progress
- Need for self-reflection

### **Clinical Goals**

Help clients:

- Track healing progress
- Increase self-awareness
- Recognize positive changes
- Build healthy habits
- Strengthen self-compassion

### **Therapist Introduction**

"Healing happens through small changes repeated over time. This journal helps you notice how your brain, body, and emotions are learning new patterns."

### **Daily Healing Check-In**

Today I feel:

---

My energy level is:

- ☐ Low
- ☐ Balanced
- ☐ High

My nervous system feels:

- ☐ Calm
- ☐ Activated
- ☐ Overwhelmed

### **My Brain Today**

A thought pattern I noticed:

---

A new thought I practiced:

---

Something my brain learned today:

---

### **My Body Today**

A body sensation I noticed:

---

What my body needed:

---

How I supported my body:

---

### **My Emotional Growth**

An emotion I experienced:

---

What this emotion was trying to tell me:

---

---

A healthy response I practiced:

---

**Healing Wins**

Something I handled better:

---

Something I am proud of:

---

A small step forward:

---

**Future Practice**

A healing habit I want to continue:

---

A skill I want to strengthen:

---

A message of encouragement to myself:

---

**Therapist Notes**

Journaling can help clients observe patterns, recognize progress, and strengthen new pathways through awareness and repetition.

The goal is not to create a perfect healing record, but to build curiosity and connection with the self.

**Key Message**

"Every moment of awareness is a chance for your brain and body to learn something new."

**Clinical Summary**

- Tool Type: Self-Reflection and Neuroplasticity Tracking Exercise
- Time: 10–15 minutes



- Best Used For: Trauma recovery, emotional awareness, habit building, and recognizing healing progress

## GROUNDING & STABILIZATION TOOLS

### TOOL #31 - THE 5-4-3-2-1 GROUNDING TECHNIQUE



---

#### USING THE SENSES TO RETURN TO THE PRESENT MOMENT

The 5-4-3-2-1 Grounding Technique helps clients reconnect with the present moment when they feel anxious, overwhelmed, triggered, or disconnected.

This exercise uses the five senses to help the brain recognize current safety and reduce the intensity of stressful reactions.

#### **When To Use This Tool**

Use this tool with clients experiencing:

- Trauma symptoms
- Anxiety
- Panic responses
- Flashbacks
- Emotional overwhelm
- Feeling disconnected

#### **Clinical Goals**

Help clients:

- Return attention to the present
- Reduce emotional intensity

- Increase body awareness
- Create a sense of safety
- Practice nervous system regulation

### **Therapist Introduction**

"When your brain feels overwhelmed, grounding helps bring your attention back to the present moment. Your senses remind your brain that you are here, now, and safe."

The 5-4-3-2-1 Exercise

### **5 Things I Can See**

Look around and notice five things you can see.

---

---

---

---

---

### **4 Things I Can Feel**

Notice four things you can physically feel.

---

---

---

---

### **3 Things I Can Hear**

Notice three sounds around you.

---

---

---

### **2 Things I Can Smell**

---

Notice two scents around you.

---

---

**1 Thing I Can Taste**

Notice one taste or sensation in your mouth.

---

---

**After Grounding Reflection**

Before grounding, I felt:

---

After grounding, I notice:

---

My body feels:

---

Something that reminds me I am safe now:

---

**Therapist Notes**

Grounding techniques help shift attention away from overwhelming thoughts, memories, or emotions and reconnect the brain with the present environment.

The goal is not to remove emotions, but to create enough safety to manage them.

**Key Message**

"The present moment is where safety exists. Grounding helps your brain return to now."

**Clinical Summary**

- **Tool Type:** Grounding and Nervous System Regulation Exercise
- **Time:** 5–10 minutes
- **Best Used For:** Trauma recovery, anxiety management, emotional regulation, and reconnecting with the present

## TOOL #32 - THE SAFE PLACE VISUALIZATION EXERCISE



---

## CREATING AN INTERNAL SENSE OF SAFETY AND CALM

The Safe Place Visualization Exercise helps clients create a mental image of a place where they feel calm, secure, and protected.

After trauma, the brain may spend more time focusing on danger. This exercise helps clients practice creating feelings of safety and relaxation.

### **When To Use This Tool**

Use this tool with clients experiencing:

- Trauma symptoms
- Anxiety
- Emotional overwhelm
- Stress reactions
- Difficulty relaxing
- Feeling unsafe

### **Clinical Goals**

Help clients:

- Develop a sense of safety
- Calm the nervous system
- Practice relaxation skills
- Increase emotional regulation
- Create a personal coping resource

### **Therapist Introduction**

"Your brain can respond to imagined experiences. Creating a safe place visualization gives your nervous system a place to return to when emotions feel overwhelming."

### **Creating My Safe Place**

Imagine a place where you feel completely safe and calm.

This place can be:

- Real or imagined

- Indoors or outdoors
- Somewhere you have visited or created in your mind

What Do I See?

Colors, objects, surroundings:

---

What Do I Hear?

Sounds, voices, nature, or silence:

---

What Do I Feel?

Sensations of comfort and safety:

---

What Do I Smell?

Scents connected to calm:

---

What Do I Notice About This Place?

Something that makes this place special:

---

### **My Safe Place Message**

A phrase that reminds me I am safe:

"I am \_\_\_\_\_."

### **Using My Safe Place**

I can return to my safe place when I experience:

- Stress
  - Anxiety
  - Difficult emotions
  - Trauma reminders
-

- Feeling overwhelmed

My safe place helps me remember:

---

### **Client Reflection**

How did my body feel during this exercise?

---

What emotions did I notice?

---

How can I use this practice in daily life?

---

### **Therapist Notes**

Safe place visualization can help clients develop internal resources for calming and emotional regulation.

The exercise should be adapted to each client. Some individuals may need additional grounding before visualization, especially if imagery feels uncomfortable.

### **Key Message**

"Your mind can create places of safety. Practicing calm helps your brain and body learn that safety is possible."

### **Clinical Summary**

- **Tool Type:** Visualization and Nervous System Regulation Exercise
- **Time:** 10–15 minutes
- **Best Used For:** Trauma recovery, grounding, relaxation, emotional regulation, and creating internal safety

## **TOOL #33 - THE GROUNDING TOOLBOX INVENTORY**

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BUILDING A PERSONAL COLLECTION OF SKILLS TO RETURN TO THE PRESENT

---



The Grounding Toolbox Inventory helps clients identify and organize the strategies that help them feel calm, connected, and present.

During stress or trauma activation, it can be difficult to remember helpful coping skills.

This tool helps clients create a personal toolbox they can use when emotions feel overwhelming.

### **When To Use This Tool**

Use this tool with clients experiencing:

- Trauma symptoms
- Anxiety
- Emotional overwhelm
- Panic responses
- Dissociation
- Difficulty calming down

### **Clinical Goals**

Help clients:

- Identify effective grounding strategies
- Build emotional regulation skills
- Increase self-awareness
- Create a personal safety plan
- Improve coping confidence

### **Therapist Introduction**

"When emotions feel intense, having tools prepared ahead of time can help your brain and body return to a calmer state."

### **My Grounding Toolbox**

#### **1. Body-Based Tools**

Ways I can calm my body:

- ☐ Deep breathing
- ☐ Stretching
- ☐ Walking
- ☐ Holding a comforting object
- ☐ Relaxing my muscles

Other tools:

---

## **2. Sensory Tools**

Things that help me connect with the present:

- ☐ Listening to calming sounds
- ☐ Noticing smells
- ☐ Feeling textures
- ☐ Looking at calming objects
- ☐ Using temperature changes

Other tools:

---

## **3. Mind-Based Tools**

Ways I can support my thoughts:

- ☐ Positive statements
- ☐ Naming my emotions
- ☐ Reminding myself I am safe
- ☐ Focusing on the present moment
- ☐ Challenging fearful thoughts

Other tools:

---

## **4. Connection Tools**

People and supports that help me feel safe:

---

Places where I feel comfortable:

---

---

Activities that help me reconnect:

---

My Emergency Grounding Plan

When I notice I am becoming overwhelmed, I will:

**Step 1:**

---

**Step 2:**

---

**Step 3:**

---

### **My Most Helpful Grounding Tools**

The tools that work best for me are:

---

---

---

### **Client Reflection**

A grounding skill I want to practice more:

---

A situation where I can use this toolbox:

---

Something I learned about myself:

---

### **Therapist Notes**

Grounding skills are personal and may work differently for each client.

The goal is to help clients build awareness of what supports regulation and create easy access to helpful strategies during stressful moments.

---

## Key Message

"Your toolbox gives you choices. The more tools you practice, the easier it becomes to return to safety."

## Clinical Summary

- **Tool Type:** Grounding Skills and Self-Regulation Exercise
- **Time:** 10–15 minutes
- **Best Used For:** Trauma recovery, anxiety management, emotional regulation, and building coping resources

## TOOL #34 - THE SENSORY REGULATION MENU

---

### USING THE SENSES TO SUPPORT CALM, FOCUS, AND EMOTIONAL BALANCE

The Sensory Regulation Menu helps clients identify sensory activities that support nervous system regulation.

The brain receives information through the senses and uses these signals to understand the environment.

This tool helps clients discover sensory strategies that create comfort, grounding, and emotional balance.

#### **When To Use This Tool**

Use this tool with clients experiencing:

- Trauma symptoms
- Anxiety
- Emotional overwhelm
- Stress responses
- Sensory sensitivity
- Difficulty calming down

#### **Clinical Goals**

Help clients:

- Understand sensory regulation
- Identify helpful sensory experiences
- Increase body awareness
- Support nervous system balance
- Build personalized coping strategies

#### **Therapist Introduction**

"Your senses send messages to your brain all day. Certain sights, sounds, movements, and sensations can help your nervous system feel calmer and safer."

## Visual Regulation

Things that help my eyes feel calm:

- ☐ Looking at nature
- ☐ Soft lighting
- ☐ Peaceful images
- ☐ Organized spaces
- ☐ Calming colors

My visual calming tools:

---

## Sound Regulation

Sounds that help me feel balanced:

- ☐ Music
- ☐ Nature sounds
- ☐ Silence
- ☐ Calm voices
- ☐ White noise

My sound calming tools:

---

## Touch Regulation

Sensations that help my body feel grounded:

- ☐ Soft textures
- ☐ Warm blankets
- ☐ Comfortable clothing
- ☐ Holding an object
- ☐ Gentle movement

My touch calming tools:

---

## Movement Regulation

Movements that help release stress:

---

- ☐ Walking
- ☐ Stretching
- ☐ Yoga
- ☐ Shaking out tension
- ☐ Slow breathing exercises

My movement tools:

---

### **Smell and Taste Regulation**

Sensations that create comfort:

- ☐ Calming scents
- ☐ Herbal tea
- ☐ Favorite foods
- ☐ Fresh air
- ☐ Familiar smells

My smell and taste tools:

---

### **My Personal Sensory Menu**

When I feel anxious, I can try:

---

When I feel overwhelmed, I can try:

---

When I feel disconnected, I can try:

---

### **Client Reflection**

A sensory strategy that helps me most:

---

A new sensory tool I want to practice:

---

How my body responds when I feel calm:

---

### **Therapist Notes**

Sensory regulation helps clients use body-based experiences to support nervous system balance.

The goal is to help clients discover personal strategies that increase comfort, awareness, and a sense of safety.

### **Key Message**

"Your senses can help your brain and body return to balance."

### **Clinical Summary**

- **Tool Type:** Sensory Awareness and Nervous System Regulation Exercise
- **Time:** 10–15 minutes
- **Best Used For:** Trauma recovery, grounding, anxiety management, and emotional regulation

## **TOOL #35 - THE PRESENT MOMENT ANCHOR CARD**

---

### **USING SIMPLE REMINDERS TO RETURN TO SAFETY AND AWARENESS**

The Present Moment Anchor Card helps clients reconnect with the here and now when they feel overwhelmed, anxious, triggered, or disconnected.

During stress or trauma activation, the brain may focus on past memories or future fears.

This tool provides a quick reminder that helps clients return to the present moment.

### **When To Use This Tool**

Use this tool with clients experiencing:

- Trauma symptoms
- Anxiety
- Flashbacks
- Emotional overwhelm



- Dissociation
- Stress reactions

### **Clinical Goals**

Help clients:

- Practice present-moment awareness
- Reduce emotional intensity
- Create a sense of safety
- Strengthen grounding skills
- Increase nervous system regulation

### **Therapist Introduction**

"When your brain feels pulled into the past or future, an anchor can help bring you back to the present moment."

### **My Present Moment Anchor**

I Am Here

Today is:

---

I am in:

---

I am safe in this moment because:

---

### **What I Notice Around Me**

I can see:

---

I can hear:

---

I can feel:

---



---

## **My Safety Reminder**

A message I can tell myself:

- "I am here now."
- "I am safe in this moment."
- "The past is not happening right now."
- "My body is trying to protect me."

## **My Grounding Actions**

When I need to reconnect, I can:

- ☐ Take slow breaths
- ☐ Feel my feet on the ground
- ☐ Look around my environment
- ☐ Name what I see and hear
- ☐ Relax my body
- ☐ Use my grounding tools

## **My Personal Anchor Statement**

A phrase that helps me return to the present:

---

## **Client Reflection**

When I feel overwhelmed, I notice:

---

The reminder that helps me most:

---

A grounding action I will practice:

---

## **Therapist Notes**

Present-moment anchoring helps clients recognize the difference between current reality and trauma-related memories or fears.

The goal is to help clients reconnect with safety and regain awareness of the present.

---

## Key Message

"The past may influence how you feel, but this moment is where you are safe and where healing happens."

## Clinical Summary

- **Tool Type:** Grounding and Present-Moment Awareness Exercise
- **Time:** 5–10 minutes
- **Best Used For:** Trauma recovery, anxiety management, emotional regulation, and grounding practice

## TOOL #36 - THE CALM DOWN PLAN

---

### CREATING A PERSONAL STRATEGY FOR EMOTIONAL REGULATION

The Calm Down Plan helps clients create a simple step-by-step plan for managing intense emotions, stress, or nervous system activation.

During moments of overwhelm, the brain may move into survival mode and make it harder to think clearly.

This tool helps clients prepare calming strategies before difficult moments happen.

### When To Use This Tool

Use this tool with clients experiencing:

- Trauma symptoms
- Anxiety
- Emotional overwhelm
- Anger responses
- Panic symptoms
- Difficulty regulating emotions

### Clinical Goals

Help clients:

- Identify emotional warning signs
- Create a personal calming plan

- Practice regulation skills
- Increase self-control
- Build confidence in managing emotions

### Therapist Introduction

"When emotions become intense, having a plan can help your brain and body return to a calmer state. You do not have to figure everything out in the middle of a difficult moment."

### Step 1: Notice My Warning Signs

Signs that I am becoming overwhelmed:

My thoughts:

---

My emotions:

---

My body signals:

---

### Step 2: Pause And Create Space

When I notice these signs, I can:

- ☐ Stop and pause
- ☐ Take slow breaths
- ☐ Step away if needed
- ☐ Notice what I am feeling
- ☐ Remind myself I am safe

### Step 3: My Calming Strategies

Things that help me calm down:

- ☐ Deep breathing
- ☐ Grounding exercises
- ☐ Walking or movement
- ☐ Listening to calming sounds
- ☐ Writing my thoughts
- ☐ Talking with someone safe

Other strategies:

---

#### Step 4: Support My Nervous System

My body needs:

---

My emotions need:

---

My mind needs:

---

#### Step 5: Return To Balance

After I calm down, I can ask:

What happened?

---

What did I need?

---

What can I do differently next time?

---

#### My Personal Calm Down Plan

When I feel overwhelmed, I will:

---

---

---

A person I can contact for support:

---

A reminder I want to remember:

---

Therapist Notes

A calm down plan helps clients move from automatic reactions toward intentional responses.

The goal is not to avoid emotions, but to create safety and develop skills to manage difficult moments.

Key Message

"Strong emotions are temporary. Having a plan helps you move through them with safety and control."

Clinical Summary

Tool Type:  
Emotional Regulation and Coping Plan Exercise

Time:  
10–15 minutes

Best Used For:  
Trauma recovery, anxiety management, emotional regulation, and building coping confidence

**TOOL #37 - THE EMERGENCY EMOTIONAL REGULATION CARD**

---

**QUICK SUPPORT TOOL FOR MOMENTS OF INTENSE EMOTIONS**

The Emergency Emotional Regulation Card helps clients access simple calming strategies during moments of emotional overwhelm, stress, panic, or trauma activation.

When the nervous system is highly activated, it can be difficult to remember coping skills.

This tool provides a quick reminder to pause, reconnect, and return to balance.

**When To Use This Tool**

Use this tool with clients experiencing:

- Trauma symptoms
- Anxiety
- Panic responses
- Emotional overwhelm
- Anger reactions
- Intense stress

### **Clinical Goals**

Help clients:

- Reduce emotional intensity
- Create a pause before reacting
- Use grounding skills
- Reconnect with safety
- Build emotional regulation confidence

### **Therapist Introduction**

"When emotions feel too intense, the goal is not to fight the feeling. The goal is to help your brain and body return to a calmer state."

### **Emergency Regulation Steps**

#### **Step 1: Pause**

STOP.

I do not have to react immediately.

I can take a moment.

#### **Step 2: Breathe**

Take slow breaths.

I can remind myself:

- "I am here."

- "I am safe in this moment."

**Step 3: Ground**

I can notice:

5 things I see:

---

4 things I feel:

---

3 things I hear:

---

**Step 4: Check In**

Right now I feel:

---

My body is showing:

---

What I need right now is:

---

**Step 5: Choose My Next Step**

A healthy action I can take:

- ☐ Take space
- ☐ Use a coping skill
- ☐ Talk to someone safe
- ☐ Move my body
- ☐ Rest
- ☐ Practice grounding

Other:

---

**My Emergency Reminder**

When emotions feel intense, I want to remember:

---



- "I can slow down."
- "My feelings will pass."
- "I can choose my response."
- "I have tools to help me."

### **My Personal Regulation Tools**

The tools that help me most:

---



---



---

### **Therapist Notes**

This card is designed for use during moments of high emotional activation.

Clients may benefit from practicing these steps when calm so the skills become easier to access during stressful situations.

### **Key Message**

"Even during intense emotions, you can create a pause, find safety, and choose your next step."

### **Clinical Summary**

- **Tool Type:** Crisis Coping and Emotional Regulation Exercise
- **Time:** 2–5 minutes
- **Best Used For:** Trauma recovery, anxiety management, emotional regulation, and immediate coping support

## **TOOL #38 - THE BODY SCAN AWARENESS PRACTICE**



---

### CONNECTING WITH BODY SIGNALS AND BUILDING SELF-AWARENESS

The Body Scan Awareness Practice helps clients notice physical sensations, emotions, and areas of tension in the body.

After trauma, the body may hold stress signals that are difficult to recognize.

This tool helps clients develop awareness of their body and understand how the nervous system communicates.

#### **When To Use This Tool**

Use this tool with clients experiencing:

- Trauma symptoms
- Anxiety
- Stress responses
- Emotional overwhelm
- Body tension
- Difficulty connecting with emotions

#### **Clinical Goals**

Help clients:

- Increase body awareness
- Recognize stress signals
- Understand body-emotion connections
- Practice relaxation
- Improve nervous system regulation

### **Therapist Introduction**

"Your body is constantly sending messages. Learning to notice these signals can help you understand your emotions and respond to your needs."

### **Body Scan Practice**

#### **Step 1: Begin With Breathing**

Take a slow breath.

Notice:

My breathing feels:

---

My body feels:

---

#### **Step 2: Notice My Head and Face**

I notice:

- ☐ Relaxed
- ☐ Tense
- ☐ Heavy
- ☐ Warm
- ☐ Uncomfortable

Sensations I notice:

---

#### **Step 3: Notice My Shoulders and Chest**

I notice:

---

- ☐ Tension
- ☐ Relaxation
- ☐ Tightness
- ☐ Ease

Sensations I notice:

---

**Step 4:** Notice My Stomach and Lower Body

I notice:

- ☐ Calm
- ☐ Nervousness
- ☐ Pressure
- ☐ Relaxation

Sensations I notice:

---

**Step 5:** Notice My Arms and Legs

I notice:

- ☐ Energy
- ☐ Heaviness
- ☐ Movement
- ☐ Stillness

Sensations I notice:

---

**My Body Message**

My body may be telling me:

---

Something my body needs today:

---

**Releasing Tension**

---

I can support my body by:

- ☐ Taking slow breaths
- ☐ Stretching
- ☐ Moving gently
- ☐ Relaxing my muscles
- ☐ Resting
- ☐ Practicing grounding

### **Client Reflection**

A body signal I noticed:

---

An emotion connected to this sensation:

---

A way I can care for my body:

---

### **Therapist Notes**

Body awareness helps clients recognize early signs of stress and emotional activation.

The goal is not to judge sensations or force relaxation, but to develop curiosity and create a safer connection with the body.

### **Key Message**

"Your body is not the enemy. It is communicating with you and helping guide your healing."

### **Clinical Summary**

- Tool Type: Body Awareness and Nervous System Regulation Exercise
- Time: 10–15 minutes
- Best Used For: Trauma recovery, emotional regulation, mindfulness, and reconnecting with the body

## **TOOL #39 - THE TEMPERATURE REGULATION EXERCISE**

---

## USING TEMPERATURE AWARENESS TO SUPPORT NERVOUS SYSTEM BALANCE

The Temperature Regulation Exercise helps clients use temperature-based sensations to reconnect with their body and support emotional regulation.

Temperature changes can provide strong sensory signals that help the brain shift attention, calm the nervous system, and return to the present moment.

### **When To Use This Tool**

Use this tool with clients experiencing:

- Trauma symptoms
- Anxiety
- Emotional overwhelm
- Panic responses
- Stress activation
- Difficulty grounding

### **Clinical Goals**

Help clients:

- Use sensory regulation skills
- Reduce emotional intensity
- Increase body awareness
- Practice grounding techniques
- Support nervous system balance

### **Therapist Introduction**

"Your body responds to temperature signals. Using safe temperature changes can help your brain reconnect with the present moment and support a calmer state."

### **Warm Temperature Regulation**

Warm sensations may help create comfort and relaxation.

Examples:

- ☐ Warm blanket
- ☐ Warm drink
- ☐ Warm shower
- ☐ Comfortable clothing
- ☐ Sitting in sunlight

When warmth helps me feel calm:

---

### **Cool Temperature Regulation**

Cool sensations may help create alertness and grounding.

Examples:

- ☐ Cool water on hands
- ☐ Holding a cool object
- ☐ Fresh air
- ☐ Cool cloth on face
- ☐ Drinking cold water

When cool sensations help me feel grounded:

---

### **My Body Response**

When I use temperature changes, I notice:

My breathing:

---

My muscles:

---

My emotions:

---

### **Choosing The Right Temperature**

When I feel:

Overwhelmed or activated:

---

I can try:

---

Disconnected or numb:

I can try:

---

Stressed or tense:

I can try:

---

### **My Temperature Regulation Plan**

A temperature tool that helps me:

---

When I will use it:

---

How my body responds:

---

### **Client Reflection**

A temperature sensation I find calming:

---

A new strategy I want to practice:

---

Something I learned about my nervous system:

---

### **Therapist Notes**

Temperature-based strategies can be useful grounding tools because they provide immediate sensory information to the brain and body.

The goal is not to force a specific reaction, but to help clients discover safe sensory methods that support regulation.



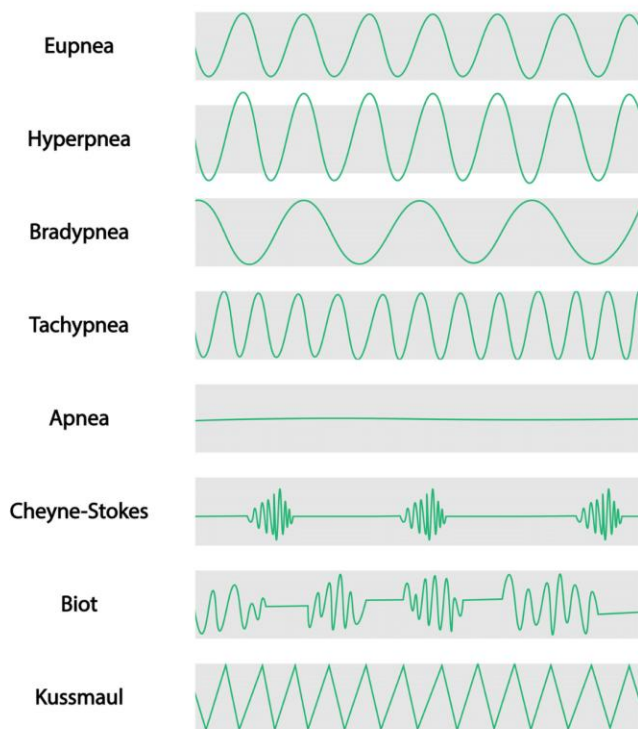
### **Key Message**

"Small changes in body sensations can help your brain return to the present and find balance."

### **Clinical Summary**

- Tool Type: Sensory Regulation and Grounding Exercise
- Time: 5–10 minutes
- Best Used For: Trauma recovery, anxiety management, grounding, and nervous system regulation

## **Respiratory Patterns**



---

### **CHOOSING A BREATHING PRACTICE TO SUPPORT CALM AND REGULATION**

The Breathing Pattern Selector helps clients identify breathing techniques that match their emotional and physical state.

Breathing patterns can influence the nervous system and help clients create a pause between emotional activation and response.

This tool helps clients practice intentional breathing for grounding, relaxation, and emotional regulation.

## **When To Use This Tool**

Use this tool with clients experiencing:

- Trauma symptoms
- Anxiety
- Stress responses
- Emotional overwhelm
- Panic symptoms
- Difficulty calming the body

## **Clinical Goals**

Help clients:

- Understand the connection between breathing and emotions
- Practice calming techniques
- Increase body awareness
- Support nervous system regulation
- Develop personal coping strategies

## **Therapist Introduction**

"Your breathing is connected to your nervous system. Learning different breathing patterns gives you more choices when your body needs support."

## **Breathing Pattern 1: Slow Breathing**

Best for:

Feeling stressed, tense, or overwhelmed.

Practice:

- Slow inhale
- Slow exhale
- Relax shoulders

My experience:

---

## **Breathing Pattern 2: Box Breathing**

Best for:

Feeling activated or needing focus.

Pattern:

- Inhale for 4 seconds
- Hold for 4 seconds
- Exhale for 4 seconds
- Hold for 4 seconds

My experience:

---

## **Breathing Pattern 3: Longer Exhale Breathing**

Best for:

Anxiety, nervousness, or emotional intensity.

Pattern:

- Inhale gently
- Exhale longer than the inhale

Example:

- Inhale 4 seconds  
Exhale 6 seconds

My experience:

---

## **Breathing Pattern 4: Grounding Breath**

Best for:

Feeling disconnected or overwhelmed.

Practice:

Take a breath and notice:

- My feet on the ground
  - My body in the room
-

- My surroundings

My experience:

---

### **Choosing My Breathing Tool**

When I feel anxious, I can use:

---

When I feel overwhelmed, I can use:

---

When I feel disconnected, I can use:

---

### **My Breathing Reflection**

Before breathing practice, I felt:

---

After breathing practice, I notice:

---

The breathing pattern that helps me most:

---

### **Therapist Notes**

Breathing exercises are tools for regulation and awareness.

Clients may respond differently to breathing practices. The goal is to help clients discover patterns that feel supportive and safe for their nervous system.

### **Key Message**

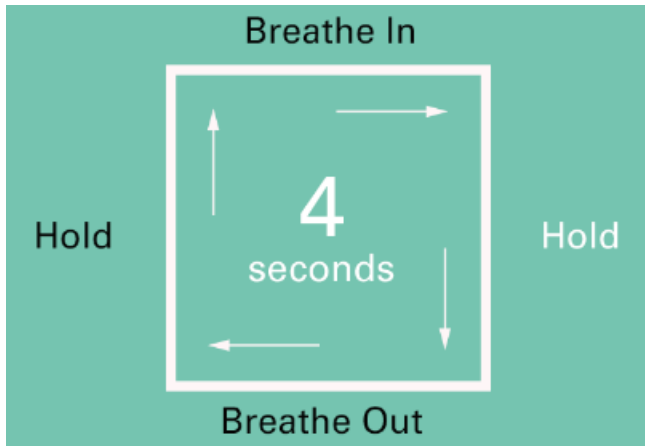
"Your breath is a bridge between your body and your brain. Each breath is an opportunity to create calm."

### **Clinical Summary**

- **Tool Type:** Breathing Regulation and Nervous System Exercise
- **Time:** 5–10 minutes

- **Best Used For:** Trauma recovery, anxiety management, grounding, and emotional regulation

#### TOOL #41 - THE BOX BREATHING GUIDE



---

#### USING STRUCTURED BREATHING TO CREATE CALM AND FOCUS

The Box Breathing Guide helps clients practice a structured breathing pattern to support emotional regulation, focus, and nervous system balance.

Box breathing creates a predictable rhythm that can help the brain slow down, reduce stress, and return attention to the present moment.

#### When To Use This Tool

Use this tool with clients experiencing:

- Trauma symptoms
- Anxiety
- Stress responses
- Emotional overwhelm
- Difficulty focusing
- Nervous system activation

#### Clinical Goals

Help clients:

- Practice controlled breathing
- Reduce physical tension
- Increase emotional awareness
- Create a calming routine
- Strengthen regulation skills

### **Therapist Introduction**

"Breathing patterns send signals to your nervous system. A steady breathing rhythm can help your brain recognize that you can slow down and create a moment of calm."

### **The Box Breathing Pattern**

Box breathing uses four equal steps:

#### **Step 1: Inhale**

Breathe in slowly for:

4 seconds

Notice:

---

#### **Step 2: Hold**

Hold your breath for:

4 seconds

Notice:

---

#### **Step 3: Exhale**

Slowly breathe out for:

4 seconds

Notice:

---

#### **Step 4: Hold**

Pause before the next breath for:

---

4 seconds

Notice:

---

### **Repeat The Box**

Repeat the pattern:

- ☐ 1 round
- ☐ 2 rounds
- ☐ 3 rounds
- ☐ 4 rounds

### **Body Awareness Check**

Before practicing, my body feels:

---

After practicing, my body feels:

---

My breathing feels:

---

### **When I Can Use Box Breathing**

I can practice this when I notice:

- ☐ Stress building
- ☐ Racing thoughts
- ☐ Muscle tension
- ☐ Strong emotions
- ☐ Feeling overwhelmed

Other situations:

---

### **My Personal Breathing Reminder**

When I breathe slowly, I remind myself:

"I can slow down."

"I am safe in this moment."

"I can choose my response."

Client Reflection

---



How did my body respond?

---

What did I notice during the exercise?

---

How can I include this practice in my routine?

---

### Therapist Notes

Box breathing provides a simple structure for practicing breath awareness and regulation.

Clients should use a comfortable pace and adjust the exercise if holding the breath feels uncomfortable.

The goal is to create a supportive breathing practice that increases calm and awareness.

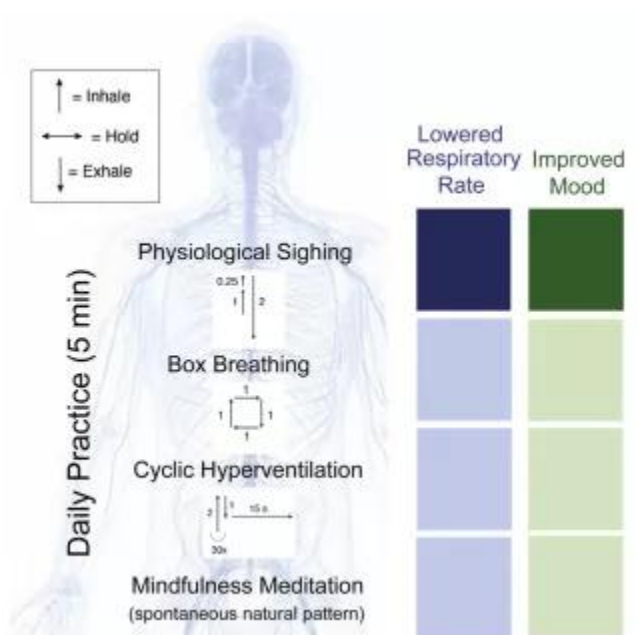
### Key Message

"A steady breath can help create a steady mind and a calmer body."

### Clinical Summary

- **Tool Type:** Breathing Regulation and Nervous System Exercise
- **Time:** 5–10 minutes
- **Best Used For:** Trauma recovery, anxiety management, emotional regulation, and grounding practice

## TOOL #42 - THE EXTENDED EXHALE PRACTICE



## USING LONGER EXHALES TO SUPPORT CALM AND NERVOUS SYSTEM BALANCE

The Extended Exhale Practice helps clients use controlled breathing to support relaxation and emotional regulation.

A longer exhale can help create a sense of slowing down and safety when the body feels stressed or activated.

### When To Use This Tool

Use this tool with clients experiencing:

- Trauma symptoms
- Anxiety
- Stress responses
- Emotional overwhelm
- Racing thoughts

- Difficulty calming down

## **Clinical Goals**

Help clients:

- Practice calming breathing
- Reduce physical tension
- Increase body awareness
- Support nervous system regulation
- Develop a simple coping skill

## **Therapist Introduction**

"Your breath is connected to your nervous system. A longer exhale can help signal to your body that it is safe to slow down."

## **The Extended Exhale Pattern**

### **Step 1: Find A Comfortable Position**

Sit or stand comfortably.

Notice:

My body feels:

---

### **Step 2: Gentle Inhale**

Breathe in slowly and comfortably.

Inhale for:

3–4 seconds

Notice:

---

### **Step 3: Longer Exhale**

Slowly release the breath.

Exhale for:

5–8 seconds

---

Notice:

---

**Step 4: Repeat**

Continue the pattern:

Shorter inhale → Longer exhale

Repeat:

- ☐ 5 breaths
- ☐ 10 breaths
- ☐ 2 minutes
- ☐ 5 minutes

**Body Check-In**

Before the exercise:

My body feels:

---

My emotions feel:

---

After the exercise:

My body feels:

---

My emotions feel:

---

**When I Can Use This Practice**

I can use extended exhale breathing when I notice:

- ☐ Stress
- ☐ Anxiety
- ☐ Muscle tension
- ☐ Racing thoughts
- ☐ Feeling overwhelmed

Other situations:

---

### **My Breathing Reminder**

When I slow my breathing, I remind myself:

"I can slow down."

"I am safe in this moment."

"I can return to balance."

### **Client Reflection**

What did I notice during this practice?

---

How did my body respond?

---

How can I use this skill in daily life?

---

### **Therapist Notes**

Extended exhale breathing is a simple regulation practice that helps clients build awareness of their breath and body responses.

The goal is not perfect breathing, but creating a supportive rhythm that helps the nervous system move toward calm.

### **Key Message**

"A longer exhale gives your body a reminder that it can slow down and return to balance."

### **Clinical Summary**

- **Tool Type:** Breathing Regulation and Nervous System Exercise
- **Time:** 5–10 minutes
- **Best Used For:** Trauma recovery, anxiety management, emotional regulation, and grounding practice

## TOOL #43 - THE BUTTERFLY HUG TECHNIQUE



---

### USING BILATERAL STIMULATION TO SUPPORT CALM AND EMOTIONAL REGULATION

The Butterfly Hug Technique helps clients use gentle alternating movements to create a sense of comfort, grounding, and emotional balance.

This practice combines self-touch, slow breathing, and focused attention to help clients reconnect with their body during moments of stress or emotional activation.

#### **When To Use This Tool**

Use this tool with clients experiencing:

- Trauma symptoms
- Anxiety
- Emotional overwhelm
- Stress reactions
- Feeling disconnected
- Difficult emotions

#### **Clinical Goals**

Help clients:

- Create a sense of safety

- Practice self-soothing
- Increase body awareness
- Reduce emotional intensity
- Develop grounding skills

### **Therapist Introduction**

"Your body can help your brain feel supported. The Butterfly Hug is a gentle practice that uses rhythm and self-compassion to help you reconnect with yourself."

The Butterfly Hug Practice

#### **Step 1: Create A Comfortable Position**

Sit comfortably.

Place both feet on the floor.

Take a slow breath.

Notice:

My body feels:

---

#### **Step 2: Create The Butterfly Position**

Cross your arms over your chest.

Place your hands on opposite shoulders or upper arms.

Your arms create a gentle "butterfly" shape.

#### **Step 3: Begin Gentle Tapping**

Slowly tap one side, then the other.

Example:

Left → Right → Left → Right

Continue at a comfortable pace.

#### **Step 4: Add Calm Breathing**

While tapping, breathe slowly.

I can remind myself:

---

- "I am here."
- "I am safe in this moment."
- "I can support myself."

### **Step 5: Notice My Experience**

During the practice, I notice:

My thoughts:

---

My emotions:

---

My body sensations:

---

### **After The Exercise**

Before the Butterfly Hug:

I felt:

---

After the Butterfly Hug:

I feel:

---

Something I noticed:

---

My Self-Comfort Plan

I can use this technique when I experience:

---

It helps remind me:

---

### **Client Reflection**

A feeling that changed during this practice:

---



---

How my body responded:

---

How I can use this skill in daily life:

---

### **Therapist Notes**

The Butterfly Hug is a grounding and self-soothing exercise often used in trauma-informed settings.

Clients should use the technique at a comfortable pace and stop or adjust if the practice increases distress.

The goal is to support regulation, safety, and connection with the present moment.

### **Key Message**

"Your body can become a source of comfort, safety, and support during difficult moments."

### **Clinical Summary**

- **Tool Type:** Bilateral Stimulation and Self-Regulation Exercise
- **Time:** 5–10 minutes
- **Best Used For:** Trauma recovery, grounding, emotional regulation, and self-soothing practice

## **TOOL #44 - THE GROUNDING OBJECT EXERCISE**

---

### **USING A PHYSICAL OBJECT TO CREATE SAFETY AND CONNECTION TO THE PRESENT**

The Grounding Object Exercise helps clients use a familiar object as a reminder of safety, stability, and the present moment.

During stress or trauma activation, the brain may become focused on memories, fears, or overwhelming emotions.

This tool helps clients reconnect with the here and now through touch, attention, and sensory awareness.

## **When To Use This Tool**

Use this tool with clients experiencing:

- Trauma symptoms
- Anxiety
- Emotional overwhelm
- Dissociation
- Panic responses
- Difficulty staying present

## **Clinical Goals**

Help clients:

- Practice grounding skills
- Increase sensory awareness
- Reconnect with the present moment
- Create a personal calming resource
- Support nervous system regulation

## **Therapist Introduction**

"Sometimes the brain needs a reminder that we are safe right now. A grounding object can help bring attention back to the present moment."

## **Choosing My Grounding Object**

My grounding object is:

---

Examples:

- A small stone
- A bracelet
- A soft fabric
- A meaningful item

- A calming object

### **Exploring My Object**

What Do I See?

Colors, shapes, details:

---

What Do I Feel?

Texture, temperature, weight:

---

What Do I Notice?

Something interesting about this object:

---

### **My Present Moment Reminder**

When I hold this object, I remind myself:

- "I am here now."
- "I am safe in this moment."
- "I can slow down."

### **Using My Grounding Object**

I can use my object when I feel:

- ☐ Anxious
- ☐ Overwhelmed
- ☐ Triggered
- ☐ Disconnected
- ☐ Stressed

My grounding routine:

- Hold the object
- Notice its details
- Take a slow breath

- Remind myself where I am

### **Client Reflection**

How did my body respond while using the object?

---

What emotions did I notice?

---

How did this help me reconnect with the present?

---

### **Creating My Safety Connection**

This object reminds me of:

---

A feeling I want to create:

---

A message of comfort I can give myself:

---

### **Therapist Notes**

Grounding objects provide a simple sensory tool that can help clients reconnect with the present during moments of stress or emotional activation.

The goal is not to remove emotions, but to create enough safety and awareness to manage them.

### **Key Message**

"A small object can become a reminder that you are here, you are present, and you can return to safety."

### **Clinical Summary**

**Tool Type:** Sensory Grounding and Self-Regulation Exercise

**Time:** 5–10 minutes

**Best Used For:** Trauma recovery, anxiety management, grounding, and emotional regulation

## TOOL #45 - THE ORIENTATION TO SAFETY PRACTICE



---

## HELPING THE BRAIN RECOGNIZE SAFETY IN THE PRESENT MOMENT

The Orientation to Safety Practice helps clients reconnect with their current environment and recognize signs of safety around them.

After trauma, the brain may continue scanning for danger even when the person is safe.

This tool helps clients gently shift attention from threat detection toward present-moment awareness.

### **When To Use This Tool**

Use this tool with clients experiencing:

- Trauma symptoms
- Anxiety
- Hypervigilance
- Feeling unsafe
- Emotional overwhelm
- Difficulty staying present

### **Clinical Goals**

Help clients:

- Recognize present safety
- Reduce threat activation
- Increase awareness of surroundings
- Support nervous system regulation
- Build a sense of control

### **Therapist Introduction**

"After difficult experiences, the brain may stay prepared for danger. This practice helps your brain notice what is safe and supportive in the present moment."

### **Step 1: Look Around**

Slowly observe your environment.

Notice:

Things I can see:

---

Colors around me:

---

Objects that show I am safe:

---

**Step 2: Find Safety Signals**

Notice signs of comfort or stability.

I notice:

- ☐ A safe place
- ☐ Supportive objects
- ☐ Familiar surroundings
- ☐ Calm sounds
- ☐ Comfortable sensations

Other safety signals:

---

**Step 3: Connect With My Body**

Notice:

My feet touching the ground:

---

My breathing:

---

My muscles:

---

**Step 4: Remind My Brain**

I can tell myself:

---

- "I am here now."
- "I am in the present moment."
- "I can notice safety around me."
- "My brain is trying to protect me."

### **Step 5: Return To The Present**

Right now:

I am in:

---

Today is:

---

Something safe around me is:

---

### **Client Reflection**

Before this practice, I felt:

---

After this practice, I notice:

---

Something my brain learned:

---

### **My Safety Anchors**

Things that help me feel grounded:

---

Places where I feel calm:

---

People who support my safety:

---

### **Therapist Notes**

---



Orientation to safety helps clients practice shifting attention from automatic threat responses toward present-moment awareness.

The goal is not to ignore real danger, but to help the nervous system recognize when safety is available.

### **Key Message**

"Your brain learned to look for danger. Healing also teaches your brain to recognize safety."

### **Clinical Summary**

- **Tool Type:** Trauma-Informed Grounding and Safety Awareness Exercise
- **Time:** 5–10 minutes
- **Best Used For:** Trauma recovery, anxiety management, grounding, and nervous system regulation

## **TOOL #46 - THE ROOM AWARENESS EXERCISE**

---

### **USING THE ENVIRONMENT TO RECONNECT WITH THE PRESENT MOMENT**

The Room Awareness Exercise helps clients use their surroundings to reconnect with the present moment and reduce feelings of overwhelm, anxiety, or disconnection.

After trauma, the brain may become focused on past experiences or possible threats.

This tool helps clients notice their current environment and remind their nervous system that they are safe now.

### **When To Use This Tool**

Use this tool with clients experiencing:

- Trauma symptoms
- Anxiety
- Flashbacks
- Dissociation
- Emotional overwhelm
- Feeling disconnected

## Clinical Goals

Help clients:

- Increase present-moment awareness
- Reconnect with surroundings
- Reduce stress activation
- Strengthen grounding skills
- Support nervous system regulation

## Therapist Introduction

"When your brain feels overwhelmed, looking around and noticing your environment can help remind your nervous system that you are in the present moment."

### Step 1: Look Around The Room

Slowly scan the space around you.

Notice:

Five things I can see:

---

---

---

---

---

### Step 2: Notice Details

Choose something nearby.

I notice:

Color:

---

Shape:

---

Texture:

---

**Step 3: Listen To The Room**

Sounds I notice:

---

---

---

**Step 4: Feel My Connection To The Space**

I notice:

My feet touching the floor:

---

My body sitting or standing:

---

My breathing:

---

**Step 5: Identify Safety**

Something in this room that reminds me I am safe:

---

Something familiar around me:

---

Something comforting around me:

---

**Present Moment Reminder**

I can tell myself:

- "I am here now."
- "I am in this room."
- "I am safe in this moment."

---

- "The past is not happening right now."

### **Client Reflection**

Before this exercise, I felt:

---

After this exercise, I notice:

---

Something my brain recognized:

---

### **My Room Awareness Practice**

I can use this skill when I experience:

---

A place where I can practice grounding:

---

### **Therapist Notes**

Room awareness helps clients shift attention away from distressing thoughts, memories, or sensations and reconnect with their current environment.

The goal is to strengthen the brain's ability to recognize present safety.

### **Key Message**

"Looking around helps your brain remember where you are and recognize that this moment is different from the past."

### **Clinical Summary**

- **Tool Type:** Grounding and Present-Moment Awareness Exercise
- **Time:** 5–10 minutes
- **Best Used For:** Trauma recovery, anxiety management, dissociation, grounding, and nervous system regulation

## **TOOL #47 - THE FIVE THINGS I CAN SEE TOOL**

---

## USING VISUAL AWARENESS TO RETURN TO THE PRESENT MOMENT

The Five Things I Can See Tool helps clients use their sense of sight to reconnect with the present environment.

When the brain feels overwhelmed by stress, anxiety, or trauma reminders, focusing on visual details can help create grounding and awareness.

### **When To Use This Tool**

Use this tool with clients experiencing:

- Trauma symptoms
- Anxiety
- Emotional overwhelm
- Flashbacks
- Dissociation
- Difficulty staying present

### **Clinical Goals**

Help clients:

- Practice grounding through vision
- Increase present-moment awareness
- Reduce emotional intensity
- Recognize current surroundings
- Support nervous system regulation

### **Therapist Introduction**

"When your brain feels overwhelmed, using your senses can help bring you back to the present. Looking around and noticing what you see reminds your brain where you are now."

### **The Five Things I Can See**

Slowly look around your environment.

Notice five things you can see.

**Thing #1**

What I see:

---

Details I notice:

---

**Thing #2**

What I see:

---

Details I notice:

---

**Thing #3**

What I see:

---

Details I notice:

---

**Thing #4**

What I see:

---

Details I notice:

---

**Thing #5**

What I see:

---

Details I notice:

---

**Notice The Details**

Colors I notice:

---

---

Shapes I notice:

---

Patterns or textures I notice:

---

### **Present Moment Reminder**

I can remind myself:

- "I am looking at my surroundings."
- "I am here right now."
- "I am safe in this moment."
- "My brain is learning to notice the present."

### **Client Reflection**

Before this exercise, I felt:

---

After this exercise, I notice:

---

Something new I noticed around me:

---

### **My Grounding Practice**

I can use this tool when I experience:

---

A place where I can practice this skill:

---

### **Therapist Notes**

Visual grounding helps clients shift attention from distressing internal experiences toward the current environment.

The goal is not to ignore emotions, but to create enough connection with the present moment to feel more balanced.

**Key Message**

"What you see around you can remind your brain that you are here, now, and safe."

**Clinical Summary**

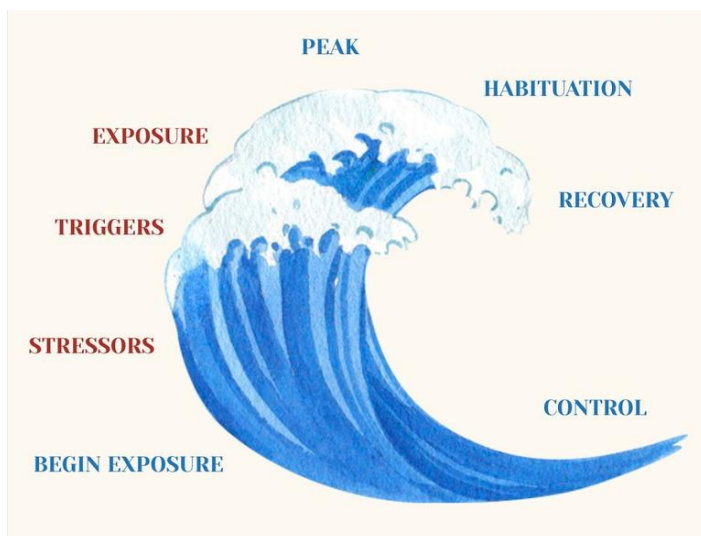
**Tool Type:** Visual Grounding and Present-Moment Awareness Exercise

**Time:** 5–10 minutes

**Best Used For:** Trauma recovery, anxiety management, grounding, dissociation, and emotional regulation



## TOOL #48 - THE ANXIETY WAVE SURFING EXERCISE



---

### LEARNING TO RIDE ANXIETY WITHOUT BEING CONTROLLED BY IT

The Anxiety Wave Surfing Exercise helps clients understand that anxiety rises, reaches a peak, and eventually decreases.

When anxiety appears, the brain may interpret the feeling as danger. This tool helps clients learn that uncomfortable emotions can be experienced without immediately reacting or avoiding them.

#### **When To Use This Tool**

Use this tool with clients experiencing:

- Anxiety symptoms
- Panic responses
- Fear reactions
- Emotional overwhelm
- Avoidance patterns
- Stress activation

## Clinical Goals

Help clients:

- Understand the anxiety cycle
- Reduce fear of anxiety sensations
- Practice emotional tolerance
- Increase self-control
- Build confidence in coping

## Therapist Introduction

"Anxiety is like a wave. It rises, reaches a peak, and eventually comes down. You do not have to fight the wave. You can learn to ride it."

## The Anxiety Wave

### Stage 1: The Wave Begins

My anxiety starts when:

---

Early signs I notice:

My thoughts:

---

My body:

---

My emotions:

---

### Stage 2: Riding The Wave

Instead of reacting immediately, I can:

- ☐ Slow my breathing
  - ☐ Stay present
  - ☐ Notice my feelings
  - ☐ Remind myself I am safe
  - ☐ Allow the feeling to pass
-

My calming reminder:

---

### **Stage 3: The Peak**

When anxiety feels strongest, I can remember:

- "This feeling is temporary."
- "I can handle this moment."
- "My body is trying to protect me."

What helps me during the peak:

---

### **Stage 4: The Wave Comes Down**

Signs my anxiety is decreasing:

- ☐ My breathing slows
- ☐ My body relaxes
- ☐ My thoughts become clearer
- ☐ I feel more in control

I notice:

---

### **My Anxiety Wave Map**

A situation that created anxiety:

---

How my anxiety started:

---

What helped me ride the wave:

---

What I learned from the experience:

---

### **Building Confidence**

---

A time I managed anxiety successfully:

---

A strength I showed:

---

A skill I want to practice:

---

### Therapist Notes

Anxiety often increases when clients fear the sensations themselves or try to immediately escape them.

The goal is not to eliminate anxiety completely, but to help clients develop confidence that they can experience anxiety and return to calm.

### Key Message

"Anxiety is a wave. You can learn to ride it, stay present, and trust that it will pass."

### Clinical Summary

- **Tool Type:** Anxiety Regulation and Emotional Awareness Exercise
- **Time:** 10–15 minutes
- **Best Used For:** Anxiety management, trauma recovery, panic symptoms, emotional regulation, and building distress tolerance

## TOOL #49 - THE EMOTIONAL STORM SURVIVAL GUIDE

### LEARNING HOW TO NAVIGATE INTENSE EMOTIONS SAFELY

The Emotional Storm Survival Guide helps clients understand what happens during moments of intense emotions and provides steps to move through emotional distress.

During trauma or high stress, emotions can feel overwhelming and impossible to manage.

This tool helps clients remember that emotional storms are temporary and that they have skills to return to balance.

### When To Use This Tool

Use this tool with clients experiencing:

- Trauma symptoms
- Emotional overwhelm
- Anxiety
- Anger reactions
- Panic responses
- Difficulty regulating emotions

### **Clinical Goals**

Help clients:

- Understand intense emotions
- Create a coping plan
- Practice emotional regulation
- Increase distress tolerance
- Build confidence during difficult moments

### **Therapist Introduction**

"Strong emotions can feel like a storm. The goal is not to stop the storm immediately, but to learn how to stay safe until it passes."

### **The Emotional Storm Stages**

#### **Stage 1: Warning Signs**

"My storm is beginning."

Signs I notice:

My thoughts:

---

My emotions:

---

My body:

---

---

## **Stage 2: The Storm Arrives**

"When emotions feel intense."

I may experience:

Racing thoughts

Strong feelings

Muscle tension

Urges to react

Feeling overwhelmed

What I notice:

---

## **Stage 3: Finding Shelter**

"When emotions are intense, I can protect myself."

My calming tools:

☐ Slow breathing

☐ Grounding

☐ Taking space

☐ Using a safe place image

☐ Talking to someone supportive

☐ Moving my body

Other tools:

---

## **Stage 4: The Storm Passes**

"Emotions change and become smaller."

Signs I am calming:

☐ My body relaxes

☐ My thoughts slow down

☐ I feel more present

☐ I can think clearly again

---

I notice:

---

### **My Emotional Storm Plan**

When I feel overwhelmed, I will:

Step 1:

---

Step 2:

---

Step 3:

---

A person or support I can reach out to:

---

### **After The Storm Reflection**

What triggered the storm?

---

What helped me get through it?

---

What did I learn about myself?

---

### **My Storm Reminders**

I can tell myself:

- "This feeling will pass."
- "I can handle this moment."
- "I do not have to react immediately."
- "I have tools to support myself."

### **Therapist Notes**

Emotional storms are normal human experiences, especially after trauma.

---

The goal is not emotional suppression. The goal is helping clients recognize emotions, stay safe, and develop healthier responses during intense moments.

### **Key Message**

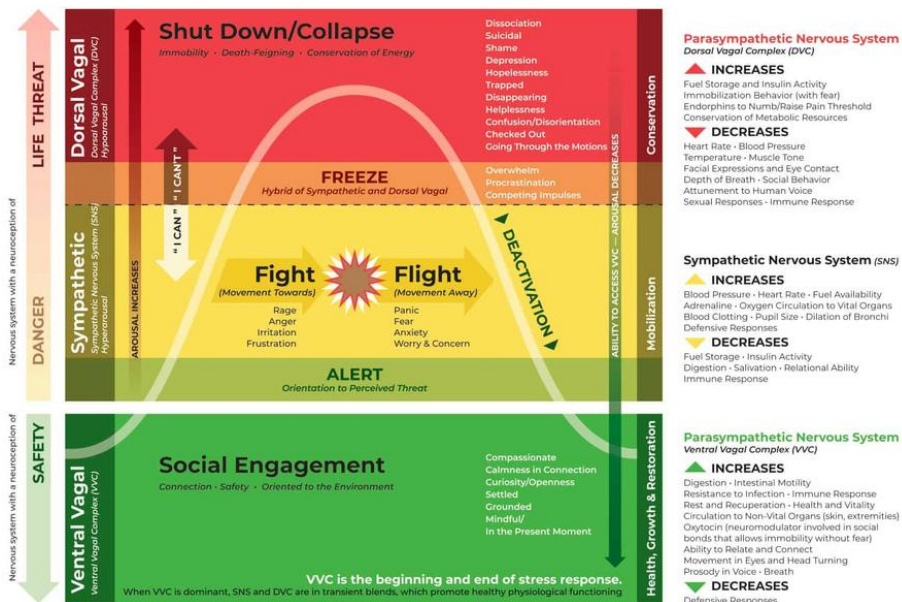
"Emotions can feel powerful, but they are temporary. You can learn to move through the storm."

### **Clinical Summary**

- **Tool Type:** Emotional Regulation and Distress Tolerance Exercise
- **Time:** 10–15 minutes
- **Best Used For:** Trauma recovery, anxiety management, emotional regulation, and coping skill development

## **TOOL #50 - THE REGULATION LADDER**





## BUILDING SKILLS TO MOVE FROM STRESS TOWARD CALM

The Regulation Ladder helps clients understand that emotional regulation is a process that happens step by step.

When the nervous system becomes activated, clients may need small actions to move from overwhelm toward balance.

This tool helps clients identify where they are and choose the next helpful step.

### When To Use This Tool

Use this tool with clients experiencing:

- Trauma symptoms
- Anxiety
- Emotional overwhelm
- Stress activation
- Difficulty calming down
- Trouble identifying coping strategies

## Clinical Goals

Help clients:

- Recognize emotional states
- Identify regulation skills
- Build awareness of nervous system changes
- Practice gradual calming strategies
- Increase confidence with emotions

## Therapist Introduction

"Regulation does not happen all at once. Like climbing a ladder, each small step helps your brain and body move toward a calmer state."

## The Regulation Ladder

### Step 1: Notice

"I recognize what is happening."

I notice:

My emotion:

---

My body signals:

---

My thoughts:

---

### Step 2: Pause

"I create space before reacting."

I can:

- ☐ Take a breath
  - ☐ Slow down
  - ☐ Stop and notice
  - ☐ Give myself time
-

My pause strategy:

---

**Step 3: Ground**

"I reconnect with the present moment."

I can use:

- ☐ My senses
- ☐ A grounding object
- ☐ My surroundings
- ☐ My breathing

My grounding tool:

---

**Step 4: Regulate**

"I support my nervous system."

I can:

- ☐ Relax my body
- ☐ Move my body
- ☐ Practice breathing
- ☐ Use positive reminders
- ☐ Connect with support

My regulation skill:

---

**Step 5: Restore Balance**

"I return to a calmer state."

Signs I feel more balanced:

---

What helps me maintain calm:

---

**My Personal Regulation Ladder**

---

When I feel overwhelmed, my first step is:

---

The skill that helps me most:

---

A new skill I want to practice:

---

**Client Reflection**

A time I successfully regulated my emotions:

---

Something I learned about myself:

---

A reminder I want to remember:

---

**Therapist Notes**

Regulation is a skill that develops through practice and repetition.

Clients may move up and down the ladder depending on stress, environment, and support. The goal is progress, not perfection.

**Key Message**

"Every small step toward regulation teaches your brain and body that calm is possible."

**Clinical Summary**

- **Tool Type:** Emotional Regulation and Self-Awareness Exercise
- **Time:** 10–15 minutes
- **Best Used For:** Trauma recovery, anxiety management, nervous system regulation, and coping skill development

**TOOL #51 - THE SELF-SOOTHING MENU**

---

## CHOOSING HEALTHY WAYS TO COMFORT THE MIND AND BODY

The Self-Soothing Menu helps clients identify activities and strategies that create comfort, calm, and emotional balance.

During stress or emotional activation, the nervous system may need gentle support and reminders of safety.

This tool helps clients create a personal list of calming activities they can use when they need comfort.

### **When To Use This Tool**

Use this tool with clients experiencing:

- Trauma symptoms
- Anxiety
- Emotional overwhelm
- Stress reactions
- Difficulty calming down
- Low self-compassion

### **Clinical Goals**

Help clients:

- Identify calming strategies
- Practice self-care skills
- Increase emotional regulation
- Build self-compassion
- Create personal coping resources
- Therapist Introduction

"Self-soothing means giving yourself support and comfort during difficult moments. It is a way of helping your brain and body feel cared for."

### **My Self-Soothing Menu**

#### **Comfort Through Touch**

Things that help my body feel comfortable:

- ☐ Soft blanket
- ☐ Comfortable clothing
- ☐ Holding a calming object
- ☐ Gentle self-touch
- ☐ Warm shower

Other ideas:

---

### **Comfort Through Sight**

Things that create calm for my eyes:

- ☐ Nature
- ☐ Peaceful images
- ☐ Soft lighting
- ☐ Organized spaces
- ☐ Favorite objects

Other ideas:

---

### **Comfort Through Sound**

Sounds that help me relax:

- ☐ Music
- ☐ Nature sounds
- ☐ Calm voices
- ☐ Silence
- ☐ Relaxing audio

Other ideas:

---

### **Comfort Through Movement**

Movements that help release stress:

---

- ☐ Walking
- ☐ Stretching
- ☐ Dancing
- ☐ Gentle exercise
- ☐ Breathing practices

Other ideas:

---

### **Comfort Through Connection**

People or activities that help me feel supported:

- ☐ Talking with someone safe
- ☐ Spending time with loved ones
- ☐ Writing my thoughts
- ☐ Doing a meaningful activity

Other ideas:

---

### **My Emergency Comfort Choices**

When I feel overwhelmed, I can try:

---

---

---

### **My Self-Soothing Reminder**

When I need support, I can tell myself:

- "I deserve kindness."
- "I can care for myself during difficult moments."
- "I can take small steps toward calm."

### **Client Reflection**

The self-soothing activity that helps me most:

---

---

Something new I want to try:

---

How my body feels when I comfort myself:

---

### **Therapist Notes**

Self-soothing skills help clients develop healthier ways to respond to emotional distress.

The goal is not to avoid emotions, but to create comfort and safety while moving through difficult experiences.

### **Key Message**

"Comfort is a skill. Learning how to support yourself helps your brain and body feel safer."

### **Clinical Summary**

- **Tool Type:** Self-Regulation and Coping Skills Exercise
- **Time:** 10–15 minutes
- **Best Used For:** Trauma recovery, anxiety management, emotional regulation, self-compassion, and stress reduction



---

### CREATING A PERSONAL COLLECTION OF TOOLS FOR CALM AND EMOTIONAL SUPPORT

The Comfort Kit Creation Guide helps clients create a personal collection of items, activities, and reminders that support emotional regulation during stressful moments.

Having comfort tools prepared in advance can help the brain access feelings of safety when emotions become intense.

#### **When To Use This Tool**

Use this tool with clients experiencing:

- Trauma symptoms
- Anxiety
- Emotional overwhelm
- Stress reactions
- Difficulty self-soothing
- Need for grounding strategies

#### **Clinical Goals**

Help clients:

- Create a personal comfort resource
- Identify helpful coping tools
- Increase emotional regulation
- Build a sense of safety
- Practice self-care skills

#### **Therapist Introduction**

"A comfort kit is a reminder that you have tools available when things feel difficult. It helps you prepare support before you need it."

#### **My Comfort Kit**

##### **1. Something To Touch**

Items that help my body feel calm:

- ☐ Soft fabric
- ☐ Stress ball
- ☐ Blanket
- ☐ Small object
- ☐ Comfort item

My item:

---

## **2. Something To See**

Things that remind me of calm or safety:

- ☐ Photos
- ☐ Inspiring messages
- ☐ Nature images
- ☐ Meaningful objects
- ☐ Favorite colors

My item:

---

## **3. Something To Hear**

Sounds that help me relax:

- ☐ Music
- ☐ Calm recordings
- ☐ Nature sounds
- ☐ Positive reminders

My item:

---

## **4. Something That Reminds Me Of Safety**

A phrase, quote, or reminder:

---

A person who supports me:

---

---

A place where I feel calm:

---

### **5. Something To Help Me Ground**

Tools I can use:

- ☐ Breathing exercise
- ☐ Grounding card
- ☐ Journal
- ☐ Sensory object
- ☐ Mindfulness practice

My grounding tool:

---

### **My Emergency Comfort Plan**

When I feel overwhelmed, I will open my comfort kit and:

Step 1:

---

Step 2:

---

Step 3:

---

### **My Comfort Kit Checklist**

My kit includes:

- ☐ A calming object
- ☐ A grounding reminder
- ☐ A relaxation tool
- ☐ A positive message
- ☐ Something meaningful to me

### **Client Reflection**

---

The item that helps me most:

---

Why this item is important:

---

How my body feels when I use my comfort kit:

---

**Therapist Notes**

Comfort kits provide clients with accessible coping resources during moments of stress or emotional activation.

The goal is to create a personal collection of reminders, sensations, and tools that support safety and emotional balance.

**Key Message**

"Having support prepared ahead of time helps remind your brain that comfort and safety are available."

**Clinical Summary**

- **Tool Type:** Self-Soothing and Coping Resource Exercise
- **Time:** 10–15 minutes
- **Best Used For:** Trauma recovery, anxiety management, grounding, emotional regulation, and self-care development

## TOOL #53 - THE CRISIS COPING CARD

---

### A QUICK SUPPORT TOOL FOR MOMENTS OF EMOTIONAL OVERWHELM

The Crisis Coping Card helps clients access simple coping reminders during moments of intense emotions, stress, or trauma activation.

When the nervous system is overwhelmed, thinking clearly can become difficult. This tool provides quick steps to create safety, grounding, and emotional control.

#### **When To Use This Tool**

Use this tool with clients experiencing:

- Trauma symptoms
- Anxiety
- Panic responses
- Emotional overwhelm
- Intense stress
- Difficulty calming down
- Clinical Goals

Help clients:

- Create a pause during emotional distress
- Remember coping skills
- Increase feelings of safety
- Reduce impulsive reactions
- Strengthen emotional regulation

#### **Therapist Introduction**

"When emotions feel intense, your brain may need a simple reminder of what to do next. This card gives you steps to help you get through the moment."

#### **My Crisis Coping Steps**

##### **Step 1: Pause**

I do not have to react immediately.

I can stop and take a moment.

Right now I notice:

---

### **Step 2: Breathe**

I can slow my breathing.

My breathing reminder:

- "Slow breath in."
- "Slow breath out."

After breathing, I notice:

---

### **Step 3: Ground Myself**

I can reconnect with the present by:

- ☐ Feeling my feet on the ground
- ☐ Looking around the room
- ☐ Naming what I see
- ☐ Holding a grounding object
- ☐ Using my senses

My grounding tool:

---

### **Step 4: Remind Myself**

I can tell myself:

- "This moment will pass."
- "I am safe right now."
- "I can handle one step at a time."
- "My feelings are strong, but they are temporary."

### **Step 5: Choose My Next Action**

---

A helpful action I can take:

- ☐ Take space
- ☐ Use a calming skill
- ☐ Contact support
- ☐ Move my body
- ☐ Rest
- ☐ Practice grounding

My next step:

---

### **My Personal Support List**

A person I can reach out to:

---

A place where I feel safe:

---

A skill that helps me calm down:

---

### **My Crisis Reminder Card**

When things feel overwhelming, remember:

- I have survived difficult moments before.
- I can slow down.
- I can ask for support.
- I can take one step at a time.

### **Client Reflection**

A coping skill that works for me:

---

Something I want to remember during hard moments:

---

How I know I am starting to calm:

---

### **Therapist Notes**

Crisis coping cards provide immediate access to regulation strategies when emotional intensity is high.

The goal is to help clients move from automatic reactions toward safer, intentional choices.

Clients benefit from practicing these skills during calm moments so they are easier to access during distress.

### **Key Message**

"Even in difficult moments, you have tools, choices, and support available."

### **Clinical Summary**

- **Tool Type:** Crisis Regulation and Coping Support Exercise
- **Time:** 2–5 minutes
- **Best Used For:** Trauma recovery, anxiety management, emotional regulation, distress tolerance, and crisis preparation

## **TOOL #54 - THE EMOTIONAL FIRST AID KIT**

---

### **CREATING A PERSONAL SUPPORT SYSTEM FOR DIFFICULT EMOTIONAL MOMENTS**

The Emotional First Aid Kit helps clients prepare a collection of coping tools, reminders, and resources to use during moments of emotional distress.

Just like a physical first aid kit supports the body during injury, an emotional first aid kit provides support when the mind and nervous system feel overwhelmed.

### **When To Use This Tool**

Use this tool with clients experiencing:

- Trauma symptoms
- Anxiety
- Emotional overwhelm



- Stress reactions
- Difficult emotions
- Need for coping strategies

### **Clinical Goals**

Help clients:

- Prepare for emotional challenges
- Identify personal coping tools
- Increase self-support skills
- Build emotional safety
- Strengthen regulation strategies

### **Therapist Introduction**

"Everyone experiences difficult emotional moments. Creating a first aid kit helps you remember that you have tools and support available when you need them."

### **My Emotional First Aid Kit**

#### **1. Calming Tools**

Things that help my body relax:

- ☐ Breathing exercises
- ☐ Grounding techniques
- ☐ Relaxing music
- ☐ Gentle movement
- ☐ Comfort objects

My calming tools:

---

#### **2. Safety Reminders**

Messages that help me feel supported:

- "I am safe right now."
- "This feeling will pass."

- "I can take one step at a time."

My personal reminder:

---

### 3. Grounding Tools

Things that bring me back to the present:

- ☐ A meaningful object
- ☐ A favorite image
- ☐ A calming scent
- ☐ A journal
- ☐ A sensory tool

My grounding tools:

---

### 4. Emotional Support

People or resources that help me:

Someone I trust:

---

A place where I feel supported:

---

A helpful activity:

---

### 5. Self-Care Tools

Ways I can care for myself:

- ☐ Rest
- ☐ Drink water
- ☐ Spend time outside
- ☐ Practice kindness toward myself
- ☐ Do something enjoyable

My self-care choices:

---

---

### **My Emergency Emotional Plan**

When I notice I am struggling, I will:

Step 1:

---

Step 2:

---

Step 3:

---

### **My Most Important Tools**

The three tools I want easy access to:

---

---

---

### **Client Reflection**

A tool that helps me feel better:

---

Something I learned about myself:

---

A reminder I want to keep with me:

---

### **Therapist Notes**

An emotional first aid kit helps clients prepare for moments when emotions become intense.

The goal is to increase access to healthy coping strategies and remind clients that difficult emotions can be managed with support and practice.

### **Key Message**

---

"Having emotional tools ready helps you care for yourself during difficult moments."

### Clinical Summary

- **Tool Type:** Coping Preparation and Emotional Regulation Exercise
- **Time:** 10–15 minutes
- **Best Used For:** Trauma recovery, anxiety management, emotional regulation, self-care, and building coping confidence

## TOOL #55 - THE SENSORY RESET WORKSHEET

---

### USING THE SENSES TO CALM THE BRAIN AND BODY

The Sensory Reset Worksheet helps clients use sensory experiences to reconnect with the present moment and support emotional regulation.

When stress or trauma responses become activated, the nervous system may need calming signals from the environment and the body.

This tool helps clients identify sensory strategies that help them feel balanced and grounded.

### When To Use This Tool

Use this tool with clients experiencing:

- Trauma symptoms
- Anxiety
- Emotional overwhelm
- Stress activation
- Feeling disconnected
- Difficulty calming down

### Clinical Goals

Help clients:

- Identify helpful sensory strategies
- Increase body awareness
- Support nervous system regulation

- Practice grounding skills
- Create a personal reset routine

### **Therapist Introduction**

"Your senses communicate with your brain all the time. Using safe sensory experiences can help your nervous system return to balance."

### **My Sensory Reset**

#### **Sight**

What I can look at to feel calmer:

- ☐ Nature
- ☐ Soft lighting
- ☐ Peaceful images
- ☐ Favorite objects
- ☐ Organized spaces

Something that helps my eyes feel calm:

---

#### **Sound**

What I can listen to:

- ☐ Music
- ☐ Nature sounds
- ☐ Silence
- ☐ Calm voices
- ☐ Relaxing audio

Something that helps my ears feel calm:

---

#### **Touch**

What helps my body feel grounded:

---

- ☐ Soft textures
- ☐ Warm objects
- ☐ Comfortable clothing
- ☐ Holding an object
- ☐ Gentle movement

Something that helps my body feel safe:

---

## **Smell**

Scents that create comfort:

- ☐ Fresh air
- ☐ Familiar scents
- ☐ Essential oils
- ☐ Food or drinks
- ☐ Nature smells

A calming scent for me:

---

## **Taste**

Things that create comfort:

- ☐ Water
- ☐ Tea
- ☐ Favorite foods
- ☐ Mints
- ☐ Simple snacks

A calming taste experience:

---

## **Movement Reset**

Movements that help release stress:

---

- ☐ Walking
- ☐ Stretching
- ☐ Breathing exercises
- ☐ Gentle exercise
- ☐ Shaking tension out

My movement reset:

---

---

### **My Personal Sensory Reset Plan**

When I feel overwhelmed, I can:

Step 1:

---

Step 2:

---

Step 3:

---

---

### **Before and After Check-In**

Before the sensory reset:

My emotions:

---

My body feels:

---

After the sensory reset:

My emotions:

---

My body feels:

---

### **Client Reflection**

---

The sensory tool that helps me most:

---

A new strategy I want to try:

---

What my nervous system needs today:

---

**Therapist Notes**

Sensory resets help clients reconnect with their body and environment during moments of emotional activation.

The goal is not to avoid emotions, but to create enough regulation and safety to respond with awareness.

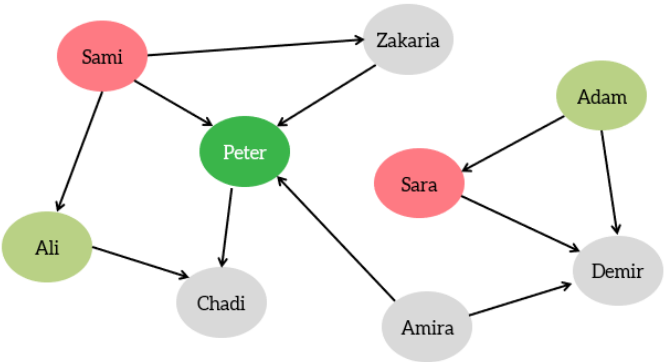
**Key Message**

"Your senses can help remind your brain that you are here, present, and able to find balance."

**Clinical Summary**

- **Tool Type:** Sensory Regulation and Grounding Exercise
- **Time:** 10–15 minutes
- **Best Used For:** Trauma recovery, anxiety management, grounding, emotional regulation, and nervous system awareness

**TOOL #56 - THE SAFE PERSON CONNECTION MAP**





---

## BUILDING A SUPPORT NETWORK FOR SAFETY AND EMOTIONAL HEALING

The Safe Person Connection Map helps clients identify people who provide support, comfort, encouragement, and a sense of safety.

After trauma or difficult experiences, people may feel disconnected or believe they have to handle everything alone.

This tool helps clients recognize supportive relationships and strengthen healthy connections.

### **When To Use This Tool**

Use this tool with clients experiencing:

- Trauma symptoms
- Anxiety
- Isolation
- Difficulty asking for support
- Relationship challenges
- Emotional overwhelm

### **Clinical Goals**

Help clients:

- Identify safe relationships
- Build support systems
- Increase connection
- Practice asking for help
- Recognize healthy boundaries

### **Therapist Introduction**

"Healing does not have to happen alone. Safe connections can help your brain and body experience trust, support, and security."

### **My Safe Connection Map**

#### **Circle 1: My Closest Safe People**

People I feel most comfortable with:

Person:

How this person supports me:

How I feel around this person:

Person:

How this person supports me:

How I feel around this person:

**Circle 2: Supportive People**

People who encourage or help me:

Person:

What makes this person supportive:

How I can connect with them:

Person:

What makes this person supportive:

How I can connect with them:

---

### **Circle 3: Community Support**

Places or groups where I can find support:

- ☐ Family
- ☐ Friends
- ☐ Support groups
- ☐ Community activities
- ☐ Professional support

My connection resources:

---

### **What Makes Someone Safe?**

A safe person usually:

- ☐ Listens without judgment
- ☐ Respects my boundaries
- ☐ Makes me feel valued
- ☐ Supports my growth
- ☐ Allows me to be myself

Other qualities:

---

### **My Support Needs**

When I am struggling, I need:

- ☐ Someone to listen
- ☐ Encouragement
- ☐ Practical help
- ☐ Comfort
- ☐ Time together

My biggest support need:

---

### Reaching Out Practice

A message I can use:

- "I am having a difficult moment and could use some support."
- "I would like to talk when you have time."
- "I need someone to listen."

My own message:

---

### Client Reflection

A safe connection I appreciate:

---

A relationship I want to strengthen:

---

One small step I can take toward connection:

---

### Therapist Notes

Safe relationships can support emotional regulation, healing, and resilience.

The goal is not to have many connections, but to identify relationships that feel respectful, supportive, and emotionally safe.

### Key Message

"Connection is part of healing. Safe people remind us that we do not have to face difficult moments alone."

### Clinical Summary

- **Tool Type:** Social Support and Relationship Awareness Exercise
- **Time:** 10–15 minutes
- **Best Used For:** Trauma recovery, emotional regulation, building support systems, and reducing isolation

### TOOL #57 - THE REGULATION ROUTINE PLANNER

---

## CREATING DAILY HABITS THAT SUPPORT EMOTIONAL BALANCE

The Regulation Routine Planner helps clients create simple daily practices that support nervous system regulation and emotional well-being.

Healing is strengthened through repetition. Small, consistent actions help the brain and body learn new patterns of safety and balance.

### **When To Use This Tool**

Use this tool with clients experiencing:

- Trauma symptoms
- Anxiety
- Emotional dysregulation
- Stress patterns
- Difficulty maintaining coping skills
- Feeling overwhelmed by daily life

### **Clinical Goals**

Help clients:

- Create healthy routines
- Practice regulation skills consistently
- Increase self-awareness
- Build emotional stability
- Strengthen coping habits

### **Therapist Introduction**

"Regulation is a skill that grows with practice. A routine helps your brain know that support and safety are available every day."

### **My Daily Regulation Routine**

#### **Morning Reset**

A practice I can do when I wake up:

- ☐ Deep breathing
- ☐ Stretching
- ☐ Positive reminder
- ☐ Mindful check-in
- ☐ Gratitude practice

My morning practice:

---

### **Midday Regulation Check**

How is my nervous system feeling?

- ☐ Calm
- ☐ Stressed
- ☐ Overwhelmed
- ☐ Tired

Something I need right now:

---

A regulation tool I can use:

---

### **Evening Wind-Down**

A practice that helps my body relax:

- ☐ Relaxing activity
- ☐ Journaling
- ☐ Gentle breathing
- ☐ Quiet time
- ☐ Reflection

My evening practice:

---

### **My Regulation Tools**

Tools that help me feel balanced:

---

---

---

### **My Warning Signs**

I know I need regulation when I notice:

My thoughts:

---

---

My emotions:

---

My body:

---

### **My Reset Plan**

When stress increases, I will:

Step 1:

---

Step 2:

---

Step 3:

---

### **Weekly Reflection**

A regulation skill that helped me:

---

A change I noticed:

---

Something I want to continue:

---

### **My Commitment To Healing**

One small action I will practice daily:

---

---

I want to remind myself:

---

### **Therapist Notes**

Consistent regulation practices help clients build familiarity with calming strategies and strengthen awareness of emotional and physical states.

The goal is not a perfect routine, but creating realistic habits that support healing and resilience.

### **Key Message**

"Small daily practices create stronger pathways toward calm, safety, and emotional balance."

### **Clinical Summary**

- **Tool Type:** Daily Regulation and Habit-Building Exercise
- **Time:** 10–15 minutes
- **Best Used For:** Trauma recovery, anxiety management, emotional regulation, nervous system support, and building healthy routines

## **TOOL #58 - THE MORNING NERVOUS SYSTEM RESET**

---

### **STARTING THE DAY WITH CALM, AWARENESS, AND BALANCE**

The Morning Nervous System Reset helps clients create a healthy morning routine that supports emotional regulation and prepares the brain and body for the day.

After trauma or chronic stress, the nervous system may begin the day already feeling activated.

This tool helps clients create intentional moments of safety, grounding, and connection before daily stress begins.

### **When To Use This Tool**

Use this tool with clients experiencing:

- Trauma symptoms
- Anxiety



- Morning stress
- Emotional overwhelm
- Difficulty starting the day
- Nervous system activation

### **Clinical Goals**

Help clients:

- Create a calming morning routine
- Increase body awareness
- Practice regulation skills
- Start the day with intention
- Strengthen healthy habits

### **Therapist Introduction**

"The way you begin your day can send signals of safety to your brain and body. Small morning practices can help create a calmer foundation."

### **Step 1: Morning Check-In**

When I wake up, I notice:

My body feels:

---

My emotions feel:

---

My thoughts are:

---

### **Step 2: Connect With My Body**

I can support my body by:

- ☐ Taking slow breaths
- ☐ Stretching
- ☐ Drinking water
- ☐ Moving gently
- ☐ Feeling my feet on the ground

My body reset practice:

---

### **Step 3: Create A Calm Mind**

A thought I want to practice today:

---

A reminder I want to carry:

"I can take today one step at a time."

"I can respond instead of react."

"I can support myself today."

### **Step 4: Set My Nervous System Intention**

Today I want to feel:

- ☐ Calm
- ☐ Present
- ☐ Confident
- ☐ Connected
- ☐ Balanced

My intention:

---

### **Step 5: Prepare For Challenges**

If stress appears today, I can:

---

- ☐ Pause
- ☐ Breathe
- ☐ Ground myself
- ☐ Ask for support
- ☐ Use my coping tools

My plan:

---

### **My Morning Regulation Routine**

The first thing I will do:

---

A practice that helps me feel grounded:

---

A habit I want to build:

---

### **Evening Reflection**

Today my nervous system felt:

---

Something that helped me regulate:

---

Something I learned about myself:

---

### **Therapist Notes**

Morning regulation routines help clients create consistency and increase awareness of their emotional and physical states.

The goal is not to create a perfect morning routine, but to develop small practices that support safety, balance, and resilience.

### **Key Message**

"How you begin your day can become a message of safety and support for your brain and body."

### **Clinical Summary**

- **Tool Type:** Daily Nervous System Regulation and Routine Exercise
- **Time:** 5–10 minutes
- **Best Used For:** Trauma recovery, anxiety management, emotional regulation, mindfulness, and building healthy routines

## **TOOL #59 - THE EVENING CALM ROUTINE**

---

### **CREATING A PEACEFUL TRANSITION FROM THE DAY INTO REST**

The Evening Calm Routine helps clients create a calming practice at the end of the day to support relaxation, emotional processing, and nervous system balance.

After stress or trauma, the brain may continue staying alert even when the day is over.

This tool helps clients signal safety, release tension, and prepare the body and mind for rest.

### **When To Use This Tool**

Use this tool with clients experiencing:

- Trauma symptoms
- Anxiety
- Stress buildup
- Difficulty relaxing
- Racing thoughts
- Sleep challenges

### **Clinical Goals**

Help clients:

- Create a calming evening routine
- Release daily stress

- Practice self-reflection
- Support nervous system regulation
- Improve emotional awareness

### **Therapist Introduction**

"The end of the day is a chance to remind your brain and body that it is time to slow down, release stress, and restore energy."

### **Step 1: Evening Check-In**

Before resting, I notice:

My body feels:

---

My emotions feel:

---

My thoughts are:

---

### **Step 2: Release The Day**

Something that was difficult today:

---

Something I handled well:

---

Something I can let go of:

---

### **Step 3: Calm My Body**

A practice that helps my body relax:

- ☐ Slow breathing
- ☐ Stretching
- ☐ Warm shower
- ☐ Relaxing music
- ☐ Body scan
- ☐ Quiet time

My calming practice:

---

#### **Step 4: Calm My Mind**

A thought I want to leave behind:

---

A positive reminder for myself:

"I did my best today."

"I can rest now."

"I am safe in this moment."

#### **Step 5: Create Comfort**

Things that help me feel peaceful:

- ☐ Comfortable environment
- ☐ Soft lighting
- ☐ Relaxing activity
- ☐ Journaling
- ☐ Gratitude practice

My comfort choices:

---

#### **My Evening Calm Routine**

Before sleep, I will:

---

---

---

## Sleep Preparation Reflection

My body feels:

---

My mind feels:

---

Something I appreciate about today:

---

## Client Reflection

A practice that helps me relax:

---

Something my nervous system needed today:

---

One thing I want to carry into tomorrow:

---

## Therapist Notes

Evening calming routines help clients create consistency and safety signals for the nervous system.

The goal is not to remove all thoughts or emotions before sleep, but to create a supportive transition from activity to rest.

## Key Message

"Rest is part of healing. A calm evening gives your brain and body time to recover."

## Clinical Summary

- **Tool Type:** Nervous System Regulation and Self-Care Routine Exercise
- **Time:** 10–15 minutes
- **Best Used For:** Trauma recovery, anxiety management, stress reduction, emotional regulation, and sleep preparation

## **TOOL #60 - THE TRAUMA SLEEP SUPPORT GUIDE**

### **Creating Safety and Calm Before Rest**

The Trauma Sleep Support Guide helps clients understand how trauma and stress can affect sleep patterns.

After difficult experiences, the brain may remain alert during times when the body needs rest. This tool helps clients create supportive habits that encourage relaxation, safety, and better sleep.

### **When To Use This Tool**

Use this tool with clients experiencing:

- Trauma symptoms
- Sleep difficulties
- Nighttime anxiety
- Racing thoughts
- Stress-related restlessness
- Difficulty relaxing

### **Clinical Goals**

Help clients:

- Understand the connection between trauma and sleep
- Create a calming bedtime routine
- Reduce nighttime stress
- Support nervous system regulation
- Develop healthy sleep habits

### **Therapist Introduction**

"Sleep can be difficult when your brain has learned to stay alert for danger. Creating safety and calm before bedtime helps your nervous system prepare for rest."

### **Understanding My Sleep Patterns**

My sleep challenges are:



- ☐ Trouble falling asleep
- ☐ Waking during the night
- ☐ Racing thoughts
- ☐ Stress dreams
- ☐ Feeling alert at bedtime

Something that affects my sleep:

---

### **My Pre-Sleep Safety Routine**

Before bed, I can:

- ☐ Dim lights
- ☐ Practice slow breathing
- ☐ Reduce stimulation
- ☐ Use calming activities
- ☐ Create a comfortable environment

My calming routine:

---

### **Calming My Body Before Sleep**

A practice that helps my body relax:

- ☐ Body scan
- ☐ Gentle stretching
- ☐ Extended exhale breathing
- ☐ Warm shower
- ☐ Relaxation exercise

My body calming tool:

---

### **Calming My Mind Before Sleep**

Thoughts that keep me awake:

---

A helpful reminder:

---

- "I am safe in this moment."
- "My body can rest now."
- "I can let today end."

### **Creating A Safe Sleep Environment**

Things that help me feel comfortable:

- ☐ Comfortable temperature
- ☐ Calm lighting
- ☐ Familiar objects
- ☐ Relaxing sounds
- ☐ Peaceful space

My safe sleep environment:

---

### **When I Wake Up During The Night**

If I feel anxious, I can:

- ☐ Take slow breaths
- ☐ Remind myself where I am
- ☐ Use grounding skills
- ☐ Relax my body
- ☐ Focus on the present moment

My nighttime coping plan:

---

### **Morning Reflection**

After sleep, I notice:

My energy:

---

My emotions:

---

Something that helped my rest:

---

---

## My Sleep Support Plan

The bedtime practice I want to build:

---

A calming tool I will use:

---

A reminder for difficult nights:

---

## Therapist Notes

Trauma can affect the nervous system's ability to shift into a restful state.

The goal is not to force sleep, but to create conditions that communicate safety, comfort, and relaxation to the brain and body.

## Key Message

"Rest becomes easier when your brain feels safe enough to slow down."

## Clinical Summary

- **Tool Type:** Sleep Support and Nervous System Regulation Exercise
- **Time:** 10–15 minutes
- **Best Used For:** Trauma recovery, anxiety management, sleep difficulties, emotional regulation, and relaxation skills

## TOOL #61 - THE PANIC RESPONSE TOOLKIT

---

### UNDERSTANDING AND MANAGING PANIC MOMENTS

The Panic Response Toolkit helps clients understand what happens during panic and provides simple tools to manage intense physical and emotional reactions.

During panic, the brain may activate the survival response and create strong sensations of fear, urgency, or danger.

This tool helps clients recognize panic symptoms, create safety, and use regulation skills.

## **When To Use This Tool**

Use this tool with clients experiencing:

- Panic attacks
- Anxiety symptoms
- Trauma responses
- Fear reactions
- Physical stress symptoms
- Emotional overwhelm

## **Clinical Goals**

Help clients:

- Understand the panic response
- Recognize body signals
- Reduce fear of panic sensations
- Practice calming strategies
- Build confidence during intense moments

## **Therapist Introduction**

"During panic, your brain and body are trying to protect you. These sensations can feel frightening, but understanding what is happening can help you regain control."

## **Understanding My Panic Response**

When panic begins, I notice:

### **My Body Signals**

- ☐ Fast heartbeat
- ☐ Tight muscles
- ☐ Shallow breathing
- ☐ Shaking
- ☐ Feeling hot or cold

Other body signals:

---

## **My Thoughts**

During panic, I may think:

---

A more balanced thought:

" \_\_\_\_\_ "

## **My Emotions**

During panic, I feel:

---

The emotion I notice most:

---

## **My Panic Response Steps**

### **Step 1: Recognize**

I can remind myself:

- "This is a panic response."
- "My body is trying to protect me."

### **Step 2: Breathe**

I can use:

- ☐ Extended exhale breathing
- ☐ Slow breathing
- ☐ Box breathing

My breathing practice:

---

### **Step 3: Ground**

I can reconnect with the present by:

---

- ☐ Naming what I see
- ☐ Feeling my feet on the ground
- ☐ Holding a grounding object
- ☐ Using my senses

My grounding tool:

---

#### **Step 4: Support Myself**

- I can tell myself:
- "This feeling will pass."
- "I can handle this moment."
- "I am safe right now."

#### **My Panic Support Plan**

When panic starts, my first step is:

---

A tool that helps me:

---

A person I can contact:

---

#### **After The Panic Moment**

What helped me:

---

What I learned:

---

How I supported myself:

---

#### **My Panic Reminder Card**

When panic appears:

---

- Pause.
- Breathe.
- Ground.

Remind myself:

"I am experiencing a strong feeling, not a dangerous situation."

### **Therapist Notes**

Panic responses can feel overwhelming because the nervous system activates quickly.

The goal is to help clients understand the response, reduce fear of sensations, and develop confidence that they can move through the experience.

### **Key Message**

"Panic feels powerful, but it is a temporary body response. You can learn skills to move through it safely."

### **Clinical Summary**

- **Tool Type:** Panic Management and Nervous System Regulation Exercise
- **Time:** 10–15 minutes
- **Best Used For:** Panic symptoms, anxiety management, trauma recovery, grounding, and emotional regulation

## **TOOL #62 - THE OVERWHELM RECOVERY PLAN**

### **CREATING A PATH BACK TO CALM DURING EMOTIONAL OVERLOAD**

The Overwhelm Recovery Plan helps clients recognize when they feel emotionally overloaded and create steps to return to a calmer state.

When stress becomes too intense, the brain may have difficulty thinking clearly, making decisions, or managing emotions.

This tool helps clients slow down, reconnect with safety, and use supportive coping strategies.

### **When To Use This Tool**

Use this tool with clients experiencing:

- Emotional overwhelm
- Trauma responses
- Anxiety
- Stress overload
- Difficulty calming down
- Feeling out of control

### **Clinical Goals**

Help clients:

- Recognize signs of overwhelm
- Create a recovery plan
- Practice regulation skills
- Reduce emotional intensity
- Build confidence in coping

### **Therapist Introduction**

"When your brain feels overwhelmed, the goal is not to solve everything at once. The first step is helping your nervous system feel calmer and safer."

### **Recognizing My Overwhelm Signals**

#### **My Thoughts**

When I feel overwhelmed, I notice:

---

#### **My Emotions**

I may feel:

- ☐ Anxious
  - ☐ Angry
  - ☐ Sad
  - ☐ Afraid
  - ☐ Frustrated
-



Other emotions:

---

### **My Body Signals**

My body tells me I am overwhelmed when:

---

### **My Recovery Steps**

#### **Step 1: Pause**

I can stop and give myself a moment.

My pause reminder:

---

#### **Step 2: Calm My Body**

I can use:

- ☐ Slow breathing
- ☐ Grounding
- ☐ Stretching
- ☐ Walking
- ☐ Relaxation practice

My calming tool:

---

#### **Step 3: Reduce The Pressure**

Something I can temporarily set aside:

---

Something I can focus on right now:

---

#### **Step 4: Reconnect With Support**

Someone or something that helps me:

---

**My Overwhelm Recovery Plan**

When I feel overwhelmed, I will:

First:

---

Then:

---

Finally:

---

**Things That Help Me Recover**

Activities that restore my balance:

- ☐ Rest
- ☐ Quiet time
- ☐ Nature
- ☐ Music
- ☐ Talking with someone safe
- ☐ Journaling

Other helpful activities:

---

**After The Overwhelm Passes**

What helped me:

---

What I learned about myself:

---

What I want to remember next time:

---

**My Recovery Reminder**

I can tell myself:

- "I do not have to handle everything at once."

- "I can take one step at a time."
- "I can return to balance."

### Therapist Notes

Overwhelm often occurs when the nervous system receives more stress than it can process in the moment.

The goal is not to eliminate difficult emotions, but to help clients recognize overload, reduce activation, and return to a regulated state.

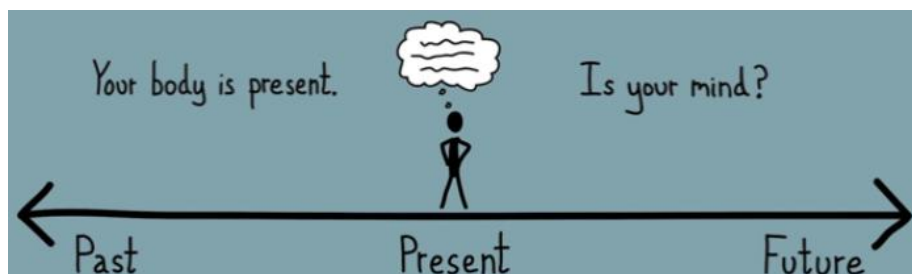
### Key Message

"Overwhelm is a signal that your brain and body need support, not a sign that you cannot cope."

### Clinical Summary

- **Tool Type:** Emotional Regulation and Recovery Planning Exercise
- **Time:** 10–15 minutes
- **Best Used For:** Trauma recovery, anxiety management, stress regulation, emotional awareness, and coping skill development

## TOOL #63 - THE DISSOCIATION GROUNDING GUIDE



### RECONNECTING WITH THE PRESENT MOMENT DURING DISCONNECTION

The Dissociation Grounding Guide helps clients recognize moments of dissociation and use grounding strategies to reconnect with their body, surroundings, and the present moment.

After trauma or intense stress, the brain may disconnect as a protective response.

This tool helps clients gently return to awareness and create a sense of safety.

### **When To Use This Tool**

Use this tool with clients experiencing:

- Dissociation
- Feeling disconnected
- Feeling unreal or detached
- Trauma symptoms
- Emotional numbness
- Difficulty staying present

### **Clinical Goals**

Help clients:

- Recognize dissociation signs
- Reconnect with the present moment
- Increase body awareness
- Use grounding strategies
- Build a sense of safety

### **Therapist Introduction**

"Sometimes the brain disconnects as a way to protect us during overwhelming experiences. Grounding helps remind your brain and body that you are here, now, and safe."

### **Recognizing My Dissociation Signs**

I know I may be disconnecting when I notice:

#### **My Body**

- ☐ Feeling numb
- ☐ Feeling distant from my body
- ☐ Feeling frozen
- ☐ Feeling disconnected

Other signs:

---

### **My Thoughts**

I notice:

- ☐ Feeling confused
- ☐ Losing focus
- ☐ Feeling far away
- ☐ Difficulty remembering

Other signs:

---

### **My Emotions**

I feel:

- ☐ Empty
- ☐ Numb
- ☐ Detached
- ☐ Overwhelmed

Other feelings:

---

### **My Grounding Steps**

#### **Step 1: Name The Present**

I remind myself:

"My name is:

\_\_\_\_\_ "

"Today is:

\_\_\_\_\_ "

"I am currently in:

\_\_\_\_\_ "

#### **Step 2: Connect With My Senses**

---

**See**

Three things I can see:

---

---

---

**Feel**

Things I can feel:

---

**Hear**

Sounds I notice:

---

**Step 3: Connect With My Body**

I can:

- ☐ Feel my feet on the ground
- ☐ Move my hands
- ☐ Stretch my body
- ☐ Take slow breaths
- ☐ Hold a grounding object

My body grounding tool:

---

**Step 4: Create Safety**

I can remind myself:

- "I am here now."
- "I am in the present moment."
- "I can return slowly."
- "I am safe right now."

**My Personal Grounding Plan**

When I notice dissociation, I will:

Step 1:

---

Step 2:

---

Step 3:

---

### **After Grounding**

Before grounding, I felt:

---

After grounding, I notice:

---

Something that helped me reconnect:

---

### **My Grounding Resources**

Tools that help me return to the present:

---

---

---

### **Therapist Notes**

Dissociation can be a protective response of the nervous system during overwhelming experiences.

The goal is not to force awareness, but to gently support reconnection with the body, environment, and present moment.

### **Key Message**

"Your brain learned ways to protect you. Grounding helps you remember that you are here and safe now."

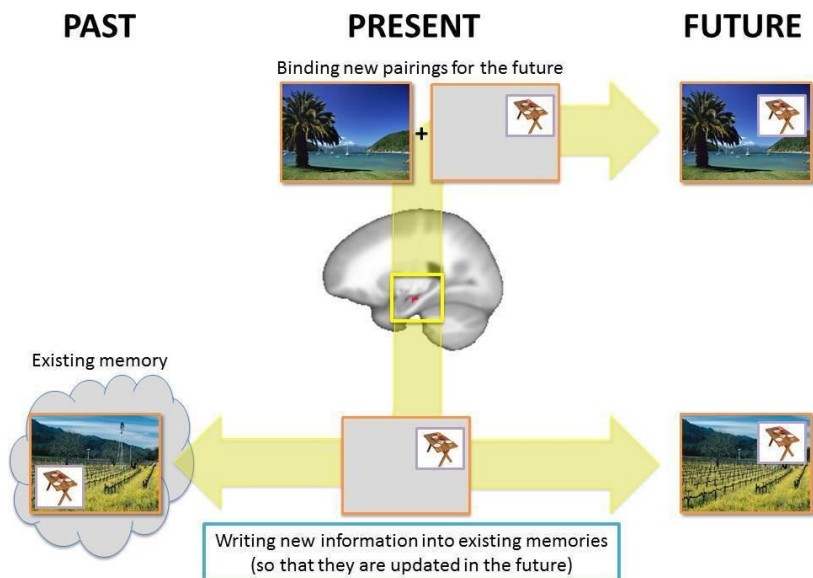
### **Clinical Summary**

---

- **Tool Type:** Grounding and Present-Moment Awareness Exercise
- **Time:** 10–15 minutes
- **Best Used For:** Trauma recovery, dissociation management, anxiety regulation, grounding skills, and nervous system awareness



## TOOL #64 - THE FLASHBACK MANAGEMENT TOOL



### RETURNING TO THE PRESENT MOMENT DURING TRAUMA MEMORIES

The Flashback Management Tool helps clients recognize when a flashback is happening and use grounding strategies to reconnect with the present.

Flashbacks can make the brain feel like a past experience is happening again. This tool helps clients separate past memories from present reality and restore a sense of safety.

#### When To Use This Tool

Use this tool with clients experiencing:

- Trauma flashbacks
- PTSD symptoms
- Intrusive memories
- Emotional overwhelm
- Fear responses

- Feeling stuck in the past

## **Clinical Goals**

Help clients:

- Recognize flashback experiences
- Identify present safety
- Separate memories from current reality
- Practice grounding skills
- Increase emotional control

## **Therapist Introduction**

"During a flashback, your brain may react as if the past is happening right now. Grounding helps remind your brain that the memory is not the present moment."

## **Recognizing A Flashback**

I know I may be having a flashback when I notice:

### **My Thoughts**

I may think:

---

### **My Body**

I notice:

- ☐ Fast heartbeat
- ☐ Muscle tension
- ☐ Fear sensations
- ☐ Feeling frozen
- ☐ Strong emotions

Other body signs:

---

### **My Emotions**

I feel:

---

---

### Step 1: Name What Is Happening

I can remind myself:

- "This is a memory."
- "This is a flashback."
- "I am experiencing the past, but I am in the present."

### Step 2: Identify Present Reality

Right now:

My name is:

---

Today is:

---

I am in:

---

I am safe because:

---

### Step 3: Ground My Body

I can reconnect by:

- ☐ Feeling my feet on the floor
- ☐ Touching a nearby object
- ☐ Looking around the room
- ☐ Taking slow breaths
- ☐ Naming things I can see

My grounding tool:

---

### Step 4: Create A Safety Reminder

I can tell myself:

---

- "The event is over."
- "I am here now."
- "I survived that moment."
- "I can return to the present."

### **My Flashback Support Plan**

When a flashback begins, I will:

First:

---

Then:

---

Finally:

---

### **After The Flashback**

What helped me return:

---

What I learned:

---

How I can care for myself afterward:

---

### **My Present Reality Anchor**

Things that remind me I am safe today:

A person:

---

A place:

---

An object:

---

A reminder:

---

### **Therapist Notes**

Flashbacks are powerful memory responses where the nervous system may react as if a past event is happening in the present.

The goal is not to fight the memory, but to help clients recognize the difference between past and present and reconnect with current safety.

### **Key Message**

"The memory is real, but it is not happening right now. You can return to the present."

### **Clinical Summary**

- **Tool Type:** Trauma Grounding and Flashback Management Exercise
- **Time:** 10–15 minutes
- **Best Used For:** Trauma recovery, PTSD symptoms, grounding, emotional regulation, and present-moment awareness

## **TOOL #65 - THE TRIGGER RECOVERY STEPS**

---

### **MOVING FROM TRIGGER ACTIVATION BACK TOWARD CALM**

The Trigger Recovery Steps help clients understand what happens after a trigger and create a plan to return to balance.

A trigger can activate the nervous system and create strong emotional, physical, or mental reactions.

This tool helps clients recognize their response, create safety, and choose helpful coping strategies.

### **When To Use This Tool**

Use this tool with clients experiencing:

- Trauma triggers
- Anxiety responses
- Emotional overwhelm

- Strong emotional reactions
- Stress activation
- Difficulty calming down

### **Clinical Goals**

Help clients:

- Recognize trigger responses
- Understand nervous system activation
- Practice recovery skills
- Increase emotional awareness
- Build confidence after triggers

### **Therapist Introduction**

"A trigger is a signal that reminds your brain of something important. Recovery means helping your brain understand that you are safe in the present moment."

#### **Step 1: Recognize The Trigger**

What happened before I felt activated?

---

The trigger was:

---

#### **Step 2: Notice My Response**

My thoughts:

---

My emotions:

---

My body sensations:

---

#### **Step 3: Pause And Create Space**

Before reacting, I can:

---

- ☐ Take a slow breath
- ☐ Stop and notice
- ☐ Give myself time
- ☐ Remind myself I am safe

My pause strategy:

---

#### **Step 4: Ground Myself**

I can return to the present by:

- ☐ Looking around my environment
- ☐ Feeling my feet on the ground
- ☐ Using my senses
- ☐ Holding a grounding object
- ☐ Practicing breathing

My grounding tool:

---

#### **Step 5: Calm My Nervous System**

A skill that helps me regulate:

- ☐ Slow breathing
- ☐ Movement
- ☐ Self-soothing
- ☐ Relaxation practice
- ☐ Connecting with support

My regulation skill:

---

#### **Step 6: Reflect And Learn**

After the trigger passes:

What helped me recover?

---

What did I learn about my response?

---

---

What can I try next time?

---

### **My Trigger Recovery Plan**

When I notice a trigger, I will:

First:

---

Then:

---

Finally:

---

### **My Safety Reminders**

I can tell myself:

- "This is a trigger, not a danger."
- "I am in the present moment."
- "My body is trying to protect me."
- "I can return to calm."

### **Client Reflection**

A trigger I understand better now:

---

A recovery skill that works for me:

---

A strength I showed during recovery:

---

### **Therapist Notes**

Triggers can activate survival responses before the brain has time to process what is happening.

---



The goal is not to eliminate all triggers, but to help clients recognize activation, regulate their nervous system, and return to a sense of safety.

### **Key Message**

"A trigger can activate your past, but recovery helps you return to the present."

### **Clinical Summary**

- **Tool Type:** Trigger Awareness and Recovery Planning Exercise
- **Time:** 10–15 minutes
- **Best Used For:** Trauma recovery, anxiety management, emotional regulation, grounding, and nervous system awareness

## **TOOL #66 - THE EMOTIONAL TEMPERATURE CHECK**

---

### **CHECKING IN WITH MY EMOTIONS BEFORE THEY BECOME OVERWHELMING**

The Emotional Temperature Check helps clients notice their emotional state before stress becomes too intense.

Just like checking body temperature helps identify physical changes, checking emotional "temperature" helps clients recognize feelings, needs, and early signs of emotional activation.

### **When To Use This Tool**

Use this tool with clients experiencing:

- Trauma symptoms
- Anxiety
- Emotional overwhelm
- Stress buildup
- Difficulty identifying emotions
- Emotional regulation challenges

### **Clinical Goals**

Help clients:

- Increase emotional awareness
- Recognize early warning signs
- Identify emotional needs
- Practice self-regulation
- Prevent emotional escalation

### **Therapist Introduction**

"Checking in with your emotions gives you information about what your mind and body need. Awareness creates the opportunity to respond instead of react."

### **My Emotional Temperature**

#### **Level 1: Cool - Calm and Balanced**

My emotional state feels:

- ☐ Peaceful
- ☐ Comfortable
- ☐ Focused
- ☐ Connected

My body feels:

---

What helps me stay balanced:

---

#### **Level 2: Warm - Stress Beginning**

I notice:

- ☐ Increased worry
- ☐ Muscle tension
- ☐ Irritation
- ☐ Restlessness

My warning signs:

---

What I need right now:

---

---

### **Level 3: Hot - Emotionally Activated**

I notice:

- ☐ Strong emotions
- ☐ Racing thoughts
- ☐ Feeling overwhelmed
- ☐ Difficulty concentrating

My body signals:

---

A skill I can use:

---

### **Level 4: Overheated - Need Immediate Support**

I may feel:

- ☐ Out of control
- ☐ Panic
- ☐ Shut down
- ☐ Unable to think clearly

My first calming step:

---

Someone or something that can support me:

---

### **My Emotional Check-In**

Right now my emotional temperature is:

- ☐ Cool
- ☐ Warm
- ☐ Hot
- ☐ Overheated

My strongest emotion is:

---

---

My body is telling me:

---

What I need today:

---

### **My Regulation Response**

When my emotional temperature rises, I can:

- ☐ Slow my breathing
- ☐ Take a break
- ☐ Use grounding
- ☐ Talk to someone safe
- ☐ Practice self-soothing

My personal strategy:

---

### **Daily Reflection**

What raised my emotional temperature today?

---

What helped me cool down?

---

What did I learn about myself?

---

### **Therapist Notes**

Emotional temperature checks help clients develop awareness before emotions reach overwhelming levels.

The goal is not to avoid emotions, but to recognize them early and respond with supportive regulation skills.

### **Key Message**

"Checking in with your emotions helps you understand what you need before the stress becomes too intense."

### Clinical Summary

- **Tool Type:** Emotional Awareness and Regulation Exercise
- **Time:** 5–10 minutes
- **Best Used For:** Trauma recovery, anxiety management, emotional regulation, self-awareness, and coping skill development

## TOOL #67 - THE BODY SAFETY CHECKLIST

---

### HELPING THE BODY RECOGNIZE COMFORT, SUPPORT, AND SAFETY

The Body Safety Checklist helps clients become aware of physical signals, needs, and environmental factors that influence their sense of safety.

After trauma or chronic stress, the body may stay alert even when there is no immediate danger.

This tool helps clients reconnect with their body and identify what supports calm and regulation.

### When To Use This Tool

Use this tool with clients experiencing:

Trauma symptoms

Anxiety

Stress activation

Body tension

Emotional overwhelm

Difficulty feeling safe

### Clinical Goals

Help clients:

Increase body awareness

Recognize physical needs

Identify safety signals

Support nervous system regulation

Build self-care habits

**Therapist Introduction**

"Your body communicates with you all the time. Learning to notice these signals can help you understand what you need to feel safe and supported."

**My Body Safety Check**

**1. Physical Environment**

Right now, my environment feels:

- ☐ Comfortable
- ☐ Calm
- ☐ Safe
- ☐ Supportive

Things that help my environment feel safer:

---

**2. Body Connection**

I notice:

My breathing:

---

My muscles:

---

My energy level:

---

**3. Basic Body Needs**

My body may need:

- ☐ Water
- ☐ Food
- ☐ Rest
- ☐ Movement
- ☐ Fresh air
- ☐ Comfort

Something I need right now:

---

#### **4. Body Comfort Signals**

Things that help my body relax:

- ☐ Comfortable clothing
- ☐ Warmth
- ☐ Stretching
- ☐ Gentle movement
- ☐ Relaxation exercises

My body comfort tool:

---

#### **5. Safety Signals**

My body feels safer when I notice:

- ☐ Familiar surroundings
- ☐ Calm breathing
- ☐ Supportive people
- ☐ A peaceful space
- ☐ A grounding object

My safety signals:

---

#### **6. Body Warning Signs**

My body tells me I am stressed when I notice:

---

My early warning signs:

---

**My Body Safety Plan**

When my body feels activated, I can:

Step 1:

---

Step 2:

---

Step 3:

---

**Client Reflection**

Something my body is telling me today:

---

Something that helps my body feel safe:

---

One way I can care for my body:

---

**Therapist Notes**

Body awareness helps clients recognize the connection between physical sensations, emotions, and nervous system responses.

The goal is not to judge body reactions, but to understand them as messages that provide information about needs, stress, and safety.

**Key Message**

"Your body is always communicating with you. Learning to listen helps you create safety and balance."

**Clinical Summary**

**Tool Type:**

Body Awareness and Nervous System Regulation Exercise

---



**Time:**

10–15 minutes

**Best Used For:**

Trauma recovery, anxiety management, emotional regulation, grounding, and self-care development

**TOOL #68 - THE CALM BODY PRACTICE**

---

**HELPING THE BODY MOVE TOWARD RELAXATION AND SAFETY**

The Calm Body Practice helps clients reconnect with their body and use calming strategies to reduce stress, tension, and nervous system activation.

When the body feels overwhelmed, intentional relaxation can help create signals of safety and balance.

**When To Use This Tool**

Use this tool with clients experiencing:

- Trauma symptoms
- Anxiety
- Stress activation
- Muscle tension
- Emotional overwhelm
- Difficulty relaxing

**Clinical Goals**

Help clients:

- Increase body awareness
- Release physical tension
- Practice relaxation skills
- Support nervous system regulation
- Create a sense of calm

**Therapist Introduction**

"Your body and mind are connected. When you help your body slow down, you can also help your brain feel more settled and safe."

**Step 1: Find A Comfortable Position**

Sit or lie down comfortably.

Notice:

My body position:

---

My surroundings:

---

**Step 2: Slow My Breathing**

Take a gentle breath in.

Slowly breathe out.

I notice:

My breathing feels:

---

My body responds by:

---

**Step 3: Relax My Body**

Notice areas of tension.

I can soften:

- ☐ My shoulders
- ☐ My jaw
- ☐ My hands
- ☐ My stomach
- ☐ My legs

A place where I feel tension:

---

**Step 4: Create Calm Signals**

---

I can support my body with:

- ☐ Slow breathing
- ☐ Gentle stretching
- ☐ Relaxing my muscles
- ☐ Comfortable surroundings
- ☐ Positive reminders

My calming signal:

---

### **Step 5: Connect With Safety**

I can remind myself:

- "My body can slow down."
- "I am safe in this moment."
- "I can give myself permission to relax."

### **Body Awareness Check**

Before the practice:

My body feels:

---

My stress level:

---

After the practice:

My body feels:

---

My stress level:

---

### **My Calm Body Routine**

A practice that helps my body relax:

---

When I can use this practice:

---

How often I want to practice:

---

**Client Reflection**

What did I notice in my body?

---

What helped me feel calmer?

---

What does my body need today?

---

**Therapist Notes**

The Calm Body Practice helps clients build awareness of physical sensations and develop skills for reducing nervous system activation.

The goal is not to force relaxation, but to create opportunities for the body to experience comfort, support, and safety.

**Key Message**

"When the body feels supported, the brain can begin to feel safer."

**Clinical Summary**

- **Tool Type:** Body Regulation and Relaxation Exercise
- **Time:** 5–10 minutes
- **Best Used For:** Trauma recovery, anxiety management, stress reduction, grounding, and nervous system regulation

**TOOL #69 - THE STABILITY BUILDING WORKSHEET**

---

**CREATING A FOUNDATION OF SAFETY, BALANCE, AND SUPPORT**

The Stability Building Worksheet helps clients identify the habits, resources, and skills that create emotional stability.

---

After trauma or prolonged stress, rebuilding stability can help the brain and body feel more secure and prepared to handle challenges.

### **When To Use This Tool**

Use this tool with clients experiencing:

- Trauma symptoms
- Anxiety
- Emotional instability
- Stress responses
- Life transitions
- Difficulty feeling grounded

### **Clinical Goals**

Help clients:

- Identify sources of stability
- Strengthen daily routines
- Build emotional support
- Increase self-awareness
- Develop healthy coping patterns

### **Therapist Introduction**

"Stability is built through small, consistent actions. Every supportive habit, safe connection, and coping skill helps create a stronger foundation."

### **My Stability Foundation**

#### **1. Physical Stability**

Things that support my body:

- ☐ Sleep
- ☐ Nutrition
- ☐ Movement
- ☐ Rest
- ☐ Medical care

My physical support goal:

---

**2. Emotional Stability**

Things that help me manage emotions:

- ☐ Breathing skills
- ☐ Grounding exercises
- ☐ Journaling
- ☐ Self-compassion
- ☐ Relaxation practices

My emotional support skill:

---

**3. Daily Structure**

Routines that help me feel balanced:

Morning:

---

Afternoon:

---

Evening:

---

**4. Safe Connections**

People who support my stability:

---

How they help me:

---

**5. Safe Environment**

Things that make my environment supportive:

---

- ☐ Organized space
- ☐ Comfort items
- ☐ Calm surroundings
- ☐ Personal boundaries

My safe environment choices:

---

### **My Stability Signals**

I know I am becoming more stable when I notice:

My thoughts:

---

My emotions:

---

My body:

---

My actions:

---

### **My Stability Plan**

When life feels difficult, I will return to:

Step 1:

---

Step 2:

---

Step 3:

---

### **My Strengths**

Things that help me stay strong:

---

Skills I have developed:

---

Progress I have made:

---

**Client Reflection**

One area where I feel stable:

---

One area I want to strengthen:

---

One small step I can take today:

---

**Therapist Notes**

Stability building focuses on creating a reliable foundation before deeper emotional processing.

The goal is not perfection, but helping clients develop consistent supports that increase safety, confidence, and resilience.

**Key Message**

"Stability grows through small choices that help your mind and body feel supported."

**Clinical Summary**

- **Tool Type:** Stabilization and Self-Regulation Exercise
- **Time:** 10–15 minutes
- **Best Used For:** Trauma recovery, emotional regulation, anxiety management, coping development, and building resilience

**TOOL #70 - THE PERSONAL REGULATION MANUAL**

CREATING MY PERSONAL GUIDE FOR EMOTIONAL BALANCE



The Personal Regulation Manual helps clients create a personalized guide that explains their unique emotional patterns, warning signs, coping skills, and regulation strategies.

Everyone's nervous system responds differently to stress. This tool helps clients understand what works best for them and create a personal resource for difficult moments.

**When To Use This Tool**

Use this tool with clients experiencing:

- Trauma symptoms
- Anxiety
- Emotional overwhelm
- Stress responses
- Difficulty identifying coping needs
- Challenges with emotional regulation

**Clinical Goals**

- Help clients:
- Understand their regulation needs
- Identify personal coping strategies
- Recognize warning signs
- Build self-awareness
- Create a long-term support plan

**Therapist Introduction**

"Your nervous system has its own patterns. Learning what helps you regulate gives you a personal guide for taking care of yourself during difficult moments."

**My Regulation Profile**

- When I feel balanced, I notice:
- My thoughts:

---

My emotions:

---

My body:

---

My behaviors:

---

**My Warning Signs**

I know I am becoming overwhelmed when:

**My Body Shows**

---

**My Thoughts Become**

---

**My Emotions Feel**

---

**My Actions Change By**

---

**My Regulation Tools**

**Tools That Calm My Body**

- ☐ Breathing exercises
- ☐ Movement
- ☐ Rest
- ☐ Stretching
- ☐ Sensory tools

My tools:

---

**Tools That Calm My Mind**

- ☐ Positive reminders
- ☐ Journaling
- ☐ Mindfulness
- ☐ Reflection
- ☐ Quiet time

My tools:

---

### **Tools That Help Me Feel Safe**

- ☐ Supportive people
- ☐ Safe places
- ☐ Grounding objects
- ☐ Comfort routines

My tools:

---

### **My Trigger Response Plan**

When I notice a trigger, I will:

Step 1:

---

Step 2:

---

Step 3:

---

### **My Emergency Regulation Plan**

When emotions feel intense, I can:

First:

---

Then:

---

Finally:

---

**My Daily Regulation Habits**

Things that support my nervous system:

Morning:

---

During the day:

---

Evening:

---

**My Personal Safety Reminders**

Messages I want to remember:

"I can slow down."

"I can support myself."

"I can return to balance."

My own reminder:

---

**My Regulation Checklist**

I feel more regulated when I:

- ☐ Sleep well
- ☐ Eat regularly
- ☐ Move my body
- ☐ Connect with others
- ☐ Practice coping skills
- ☐ Take breaks

Other things that help:

---

**Client Reflection**

---

The most helpful regulation skill for me:

---

Something I understand better about myself:

---

One skill I want to practice more:

---

**Therapist Notes**

A Personal Regulation Manual helps clients move from general coping strategies to individualized regulation plans.

The goal is to help clients recognize their own patterns, understand their needs, and develop confidence in managing emotional experiences.

**Key Message**

"Knowing yourself is a powerful regulation tool. Your personal guide helps you understand what your mind and body need."

**Clinical Summary**

**Tool Type:**

Personalized Regulation Planning Exercise

**Time:**

15–20 minutes

**Best Used For:**

Trauma recovery, emotional regulation, anxiety management, self-awareness, and long-term coping development

TRAUMA PROCESSING TOOLS

TOOL #71 - THE TRAUMA NARRATIVE PREPARATION WORKSHEET

PREPARING FOR TRAUMA PROCESSING WITH SAFETY AND SUPPORT

The Trauma Narrative Preparation Worksheet helps clients prepare emotionally and mentally before exploring difficult memories.

Before processing trauma experiences, clients benefit from building awareness, identifying support, and strengthening regulation skills.

This tool focuses on preparation, safety, and readiness.

### **When To Use This Tool**

Use this tool with clients experiencing:

- Trauma history
- PTSD symptoms
- Difficult memories
- Emotional avoidance
- Fear of discussing past experiences
- Need for emotional preparation

### **Clinical Goals**

Help clients:

- Understand trauma processing
- Identify personal resources
- Build emotional safety
- Recognize coping skills
- Increase readiness for healing work

### **Therapist Introduction**

"Talking about difficult experiences requires preparation and support. This worksheet helps you build the tools you need before exploring painful memories."

### **Understanding My Readiness**

Right now, I feel ready to explore my experiences:

- ☐ Not yet
- ☐ A little ready
- ☐ Somewhat ready
- ☐ Ready with support

What makes me feel ready:

---

### **My Reasons For Healing**

I want to work on my trauma because:

---

What I hope to gain from healing:

---

### **My Safety Resources**

People who support me:

---

Places where I feel safe:

---

Things that help me feel calm:

---

### **My Regulation Tools**

When emotions become intense, I can use:

- ☐ Breathing exercises
- ☐ Grounding skills
- ☐ Movement
- ☐ Self-soothing
- ☐ Support from others

My strongest coping tools:

---

### **My Warning Signs**

I know I need to slow down when I notice:

My body:

---

My emotions:

---

My thoughts:

---

**Creating A Safe Distance**

When thinking about difficult memories, I can remind myself:

- "The event happened in the past."
- "I am safe in the present moment."
- "I can go slowly."

My personal reminder:

---

**My Support Plan**

If I feel overwhelmed, I can:

Step 1:

---

Step 2:

---

Step 3:

---

Someone I can reach out to:

---

**My Strengths Before Healing Work**

Things that helped me survive:

---

Strengths I have developed:

---

Things I am proud of:

---



---

## Reflection

What I want to understand better:

---

What I want to heal:

---

What I want to remember during this process:

---

## Therapist Notes

Trauma narrative work should be approached with preparation, stabilization, and appropriate support.

The goal of this worksheet is not to force memory exploration, but to help clients develop safety, awareness, and confidence before processing difficult experiences.

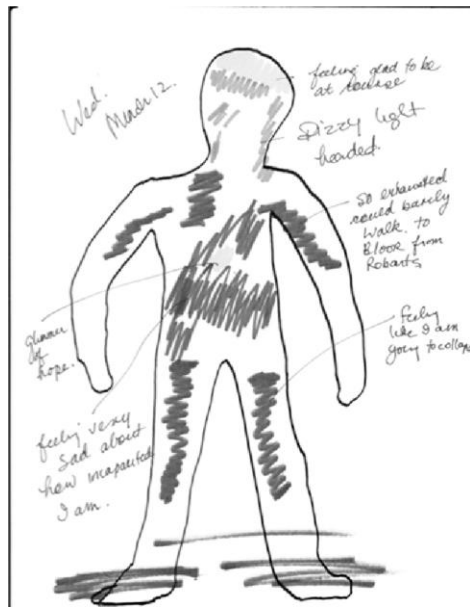
## Key Message

"Preparation creates safety. Healing happens when we have the support and tools to face difficult experiences."

## Clinical Summary

- **Tool Type:** Trauma Processing Preparation Exercise
- **Time:** 15–20 minutes
- **Best Used For:** Trauma therapy preparation, emotional readiness, stabilization, and coping skill development

## TOOL #72 - THE TRAUMA STORY MAPPING TOOL



---

## ORGANIZING TRAUMA EXPERIENCES WITH AWARENESS AND SAFETY

The Trauma Story Mapping Tool helps clients organize thoughts, emotions, and experiences connected to trauma in a structured way.

This tool is designed to create understanding and awareness while helping clients recognize patterns, responses, and personal strengths.

### When To Use This Tool

Use this tool with clients experiencing:

- Trauma history
- PTSD symptoms
- Difficult memories
- Emotional confusion
- Difficulty understanding reactions
- Need for meaning-making

### Clinical Goals

Help clients:

- Organize trauma-related experiences
- Understand emotional responses
- Identify patterns and triggers
- Recognize survival strengths
- Support healing and integration

### **Therapist Introduction**

"Creating a map of your experiences can help you understand your story. You are not defined by what happened to you. This tool helps you recognize your experiences, your responses, and your strength."

### **My Trauma Story Map**

#### **1. Important Experiences**

Events or experiences that shaped my story:

---

---

#### **2. How My Brain Responded**

At the time, my brain tried to protect me by:

- ☐ Fighting
- ☐ Escaping
- ☐ Shutting down
- ☐ Pleasing others
- ☐ Staying alert

My response was:

---

#### **3. How My Body Responded**

I noticed:

---

- ☐ Fear
- ☐ Tension
- ☐ Numbness
- ☐ Racing thoughts
- ☐ Strong emotions

My body response:

---

#### **4. Emotions Connected To My Story**

Feelings I experienced:

---

Feelings I still notice today:

---

#### **5. Beliefs I Developed**

Because of my experiences, I learned:

"I need to..."

---

"I cannot..."

---

"I must..."

---

#### **6. How My Story Affects Me Today**

I notice impacts in:

My thoughts:

---

My emotions:

---

My relationships:

---

---

My body:

---

### **7. My Survival Strengths**

Things that helped me survive:

---

Strengths I developed:

---

What I learned about myself:

---

### **8. My Healing Direction**

New beliefs I want to build:

---

Ways I want to care for myself:

---

The future I want to create:

---

### **My Story Reminder**

My trauma is:

Something I experienced.

Not who I am.

I am:

---

### **Client Reflection**

Something I understand better now:

---

Something I want to continue healing:

---

---

Something I appreciate about myself:

---

### **Therapist Notes**

Trauma story mapping should be approached with pacing, safety, and emotional awareness.

The purpose is not to focus only on painful experiences, but to help clients understand their responses, recognize survival adaptations, and develop a more complete view of their story.

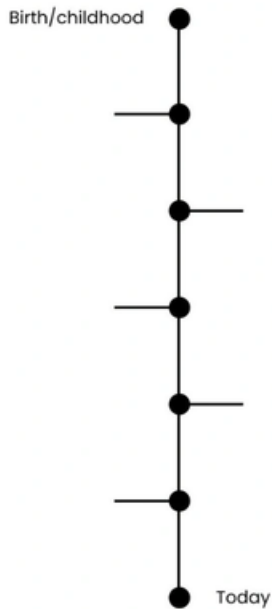
### **Key Message**

"Your story includes what happened to you, how you survived, and the strength you are building now."

### **Clinical Summary**

- **Tool Type:** Trauma Reflection and Meaning-Making Exercise
- **Time:** 15–20 minutes
- **Best Used For:** Trauma recovery, self-awareness, emotional processing preparation, and healing integration

## **TOOL #73 - THE MEMORY TIMELINE EXERCISE**



---

## ORGANIZING LIFE EXPERIENCES WITH AWARENESS AND UNDERSTANDING

The Memory Timeline Exercise helps clients organize important experiences, memories, and life events in a visual timeline.

This tool helps clients recognize patterns, understand how experiences shaped them, and identify moments of strength, growth, and healing.

### **When To Use This Tool**

Use this tool with clients experiencing:

- Trauma history
- Emotional confusion
- Difficult memories
- Life transitions
- Self-reflection challenges
- Healing and recovery work

## Clinical Goals

Help clients:

- Organize important memories
- Recognize life patterns
- Understand emotional responses
- Identify strengths and growth
- Create a clearer personal story

## Therapist Introduction

"Your life is made up of many experiences. Creating a timeline helps you look at your story with awareness and recognize both difficult moments and moments of strength."

## My Memory Timeline

### Early Life

Important memories or experiences:

---

How this shaped me:

---

### Childhood

Important memories or experiences:

---

How this shaped me:

---

### Teen Years

Important memories or experiences:

---

How this shaped me:

---



## **Adulthood**

Important memories or experiences:

---

How this shaped me:

---

## **Important Life Events**

A moment that changed me:

---

A difficult experience I survived:

---

A positive experience I remember:

---

A person who influenced me:

---

## **Emotions Connected To My Memories**

When I think about my timeline, I notice:

- ☐ Sadness
- ☐ Strength
- ☐ Fear
- ☐ Hope
- ☐ Anger
- ☐ Gratitude

Other emotions:

---

## **Patterns I Notice**

Something I see repeating in my story:

---

Something I understand better now:

---

---

## **My Strengths Across My Timeline**

Times when I showed strength:

---

Challenges I overcame:

---

Skills I developed:

---

## **My Healing Timeline**

Things I am working through:

---

Things I have healed:

---

The direction I want my future to take:

---

## **Reflection**

Looking at my timeline, I notice:

---

Something I want to appreciate about myself:

---

Something I want to continue healing:

---

## **Therapist Notes**

The Memory Timeline Exercise helps clients organize experiences without focusing only on painful events.

The goal is to create understanding, recognize patterns, and develop a more balanced view of personal history that includes survival, growth, and resilience.

## Key Message

"Your past is part of your story, but it does not define your future."

## Clinical Summary

- **Tool Type:** Memory Organization and Trauma Reflection Exercise
- **Time:** 15–20 minutes
- **Best Used For:** Trauma recovery, self-awareness, emotional processing, life reflection, and healing integration

## TOOL #74 - THE BEFORE-DURING-AFTER TRAUMA WORKSHEET

---

### UNDERSTANDING HOW TRAUMA EXPERIENCES AFFECT THE MIND AND BODY

The Before-During-After Trauma Worksheet helps clients understand how a traumatic experience affected their thoughts, emotions, body responses, and beliefs over time.

This tool helps organize experiences into three stages: what happened before, what occurred during the experience, and how it continues to affect life today.

### When To Use This Tool

Use this tool with clients experiencing:

- Trauma history
- PTSD symptoms
- Emotional reactions
- Trigger awareness
- Difficulty understanding responses
- Healing and recovery work

### Clinical Goals

Help clients:

- Understand trauma responses
- Identify changes over time

- Recognize survival strategies
- Separate past experiences from present life
- Support healing and self-awareness

### **Therapist Introduction**

"Trauma can affect the way we think, feel, and respond long after an event has ended. Looking at the before, during, and after can help you understand your experience with compassion."

### **Before The Experience**

#### **What Was Life Like Before?**

My thoughts:

---

My emotions:

---

My relationships:

---

My sense of safety:

---

#### **What Did I Believe About Myself And The World?**

I believed:

---

### **During The Experience**

#### **What Happened?**

(Only share what feels safe and appropriate.)

---

#### **How Did My Brain Try To Protect Me?**

My survival response was:

---

- ☐ Fight
- ☐ Flight
- ☐ Freeze
- ☐ Fawn

Other responses:

---

### **How Did My Body Respond?**

I noticed:

- ☐ Fear
- ☐ Tension
- ☐ Numbness
- ☐ Panic
- ☐ Feeling disconnected

My body response:

---

### **What Helped Me Survive That Moment?**

---

#### **After The Experience**

#### **How Did Things Change?**

My thoughts changed:

---

My emotions changed:

---

My body changed:

---

My relationships changed:

---

#### **What Effects Do I Notice Today?**

---

Triggers:

---

Fears:

---

Patterns:

---

### **What Have I Learned About Myself?**

My strengths:

---

My coping skills:

---

My resilience:

---

### **Creating A Healing Perspective**

What I needed then:

---

What I need now:

---

A new belief I want to build:

---

### **My Present Safety Reminder**

Today I can remind myself:

- "The experience is in the past."
- "I am here now."
- "I have choices today."

My personal reminder:

---

## Client Reflection

Something I understand better about myself:

---

Something I want to heal:

---

Something I appreciate about my strength:

---

## Therapist Notes

The Before-During-After framework helps clients organize trauma experiences without becoming overwhelmed by focusing only on the event.

The goal is to increase understanding, recognize survival responses, and support integration of the past with present safety.

## Key Message

"Understanding your past helps you create a safer relationship with yourself today."

## Clinical Summary

- **Tool Type:** Trauma Reflection and Processing Preparation Exercise
- **Time:** 15–20 minutes
- **Best Used For:** Trauma recovery, PTSD awareness, emotional processing, self-understanding, and healing integration

## TOOL #75 - THE TRAUMA MEANING RECONSTRUCTION TOOL

### CREATING A NEW UNDERSTANDING OF MY EXPERIENCES

The Trauma Meaning Reconstruction Tool helps clients explore the meanings they developed from difficult experiences and create healthier, more balanced perspectives.

After trauma, people may develop painful beliefs about themselves, others, or the world.

This tool helps clients recognize those beliefs and begin creating new meanings based on healing and growth.

## **When To Use This Tool**

Use this tool with clients experiencing:

- Trauma history
- Negative self-beliefs
- Shame or guilt
- Difficulty finding meaning after trauma
- Emotional processing challenges
- Recovery and healing work

## **Clinical Goals**

Help clients:

- Identify trauma-related beliefs
- Separate the event from personal identity
- Challenge harmful meanings
- Build healthier perspectives
- Recognize strength and growth

## **Therapist Introduction**

"Trauma can change the way we see ourselves and the world. Healing does not erase what happened, but it can help us create a new understanding of our story."

## **The Meaning I Created After Trauma**

Because of my experience, I started to believe:

About myself:

---

About other people:

---

About the world:

---

## **How This Belief Has Affected Me**

---



My emotions:

---

My choices:

---

My relationships:

---

My sense of safety:

---

**Is This Belief Completely True?**

The evidence that supports this belief:

---

The evidence that shows another perspective:

---

**A More Balanced Understanding**

A healthier way to view my experience:

---

A kinder belief about myself:

---

A belief I want to release:

---

**Separating The Trauma From My Identity**

The trauma was:

---

The trauma does not define:

---

Who I am becoming:

---

---

**Finding Meaning In My Healing**

Through this experience, I have learned:

---

Strengths I discovered:

---

Ways I have grown:

---

**My New Personal Statement**

Instead of believing:

"I am \_\_\_\_\_"

I choose to believe:

"I am \_\_\_\_\_"

**My Healing Perspective**

What I want to remember:

---

What I want to carry forward:

---

What I want to leave behind:

---

**Client Reflection**

Something I see differently now:

---

Something I am proud of:

---

Something I want to continue building:

---

**Therapist Notes**

---

Meaning reconstruction helps clients process how trauma has influenced their beliefs and identity.

The goal is not to minimize painful experiences, but to help clients develop a more complete story that includes survival, strength, and possibilities for the future.

### **Key Message**

"What happened to you is part of your story, but it does not have to define the meaning of your life."

### **Clinical Summary**

- **Tool Type:** Trauma Processing and Cognitive Reframing Exercise
- **Time:** 15–20 minutes
- **Best Used For:** Trauma recovery, self-compassion, belief restructuring, emotional healing, and post-traumatic growth

## **TOOL #76 - THE BELIEF AFTER TRAUMA WORKSHEET**

---

### **UNDERSTANDING AND HEALING TRAUMA-RELATED BELIEFS**

The Belief After Trauma Worksheet helps clients identify beliefs they developed after difficult experiences and explore how those beliefs affect emotions, behaviors, and relationships.

After trauma, the brain may create beliefs as a way to understand what happened and protect against future harm.

This tool helps clients recognize these beliefs and develop healthier perspectives.

### **When To Use This Tool**

Use this tool with clients experiencing:

- Trauma history
- Negative self-beliefs
- Shame or guilt
- Fear responses
- Relationship difficulties
- Low self-worth

## Clinical Goals

Help clients:

- Identify trauma-related beliefs
- Understand how beliefs affect daily life
- Challenge harmful thinking patterns
- Develop compassionate beliefs
- Support healing and growth

## Therapist Introduction

"After trauma, the brain often tries to make sense of what happened. Some beliefs may have helped you survive, but healing can include creating beliefs that better support your life today."

## The Beliefs I Developed After Trauma

After my experience, I started believing:

About myself:

---

About others:

---

About safety:

---

About the future:

---

## How These Beliefs Affect Me

These beliefs influence my:

Thoughts:

---

Emotions:

---

Actions:

---

Relationships:

---

### **My Protective Beliefs**

A belief that helped me survive was:

---

How this belief protected me:

---

How this belief may limit me today:

---

### **Examining My Belief**

The belief I want to explore:

---

What makes me believe this:

---

Is there another possible explanation?

---

### **Creating A Healthier Belief**

Instead of believing:

"I am \_\_\_\_\_"

I can practice believing:

"I am \_\_\_\_\_"

### **New Beliefs I Want To Build**

About myself:

---

About relationships:

---

---

About safety:

---

About my future:

---

### **Evidence Of My Strength**

Times I showed courage:

---

Challenges I overcame:

---

Positive qualities I have:

---

### **My Healing Statement**

A message I want to remember:

"I am \_\_\_\_\_"

"My past \_\_\_\_\_"

"Today I can \_\_\_\_\_"

### **Client Reflection**

A belief I understand better now:

---

A belief I want to change:

---

A belief that supports my healing:

---

### **Therapist Notes**

Trauma-related beliefs often develop as protective responses to painful experiences.

The goal is not to judge these beliefs, but to understand where they came from and help clients develop perspectives that support safety, self-worth, and healing.

### **Key Message**

"Trauma can influence the beliefs you carry, but healing allows you to choose beliefs that support who you are becoming."

### **Clinical Summary**

- **Tool Type:** Cognitive Processing and Belief Reconstruction Exercise
- **Time:** 15–20 minutes
- **Best Used For:** Trauma recovery, self-compassion, cognitive restructuring, emotional healing, and identity rebuilding

## **TOOL #77 - THE SHAME PROCESSING EXERCISE**

---

### **UNDERSTANDING AND HEALING SHAME AFTER DIFFICULT EXPERIENCES**

The Shame Processing Exercise helps clients recognize feelings of shame, understand where they come from, and develop a more compassionate view of themselves.

After trauma, people may carry shame that affects how they see themselves, even when they were not responsible for what happened.

This tool helps clients separate their identity from painful experiences and build self-compassion.

### **When To Use This Tool**

Use this tool with clients experiencing:

- Trauma history
- Shame or guilt
- Negative self-beliefs
- Low self-worth
- Self-criticism
- Emotional pain

### **Clinical Goals**

Help clients:

- Identify shame patterns
- Understand the source of shame
- Separate responsibility from self-blame
- Develop self-compassion
- Build healthier self-beliefs

### **Therapist Introduction**

"Shame often tells us something is wrong with who we are. Healing helps us recognize that painful experiences do not define our worth or identity."

### **Understanding My Shame**

A situation that brings up shame:

---

The shame I feel is:

---

### **The Message Shame Gives Me**

Shame tells me:

"I am \_\_\_\_\_"

"Something is wrong with me because \_\_\_\_\_"

### **Where Did This Shame Come From?**

This feeling may come from:

- ☐ A painful experience
- ☐ Something someone told me
- ☐ A belief I developed
- ☐ Fear of judgment
- ☐ Self-blame

My reflection:

---

### **Separating Shame From Responsibility**



What happened:

---

What I was responsible for:

---

What was not my responsibility:

---

### **How Shame Affects Me**

My thoughts:

---

My emotions:

---

My relationships:

---

My actions:

---

### **A Compassionate Perspective**

If someone I cared about experienced this, I would tell them:

---

A kinder message I can offer myself:

---

### **Replacing Shame With Healing**

Instead of:

"I am \_\_\_\_\_"

I choose:

"I am \_\_\_\_\_"

### **My Strengths Beyond Shame**

Things that show my value:

---

---

Qualities I appreciate about myself:

---

Ways I have grown:

---

### **My Self-Compassion Practice**

When shame appears, I can:

- ☐ Speak kindly to myself
- ☐ Remember my humanity
- ☐ Practice forgiveness
- ☐ Ask for support
- ☐ Use grounding skills

My self-compassion response:

---

### **Client Reflection**

Something I understand about shame:

---

Something I want to release:

---

Something I want to believe about myself:

---

### **Therapist Notes**

Shame is often connected to trauma experiences, criticism, or beliefs developed during difficult situations.

The goal is not to ignore painful emotions, but to help clients understand shame, reduce self-blame, and develop a more compassionate relationship with themselves.

### **Key Message**

"Shame is a feeling you experience, not a definition of who you are."

---

## Clinical Summary

- **Tool Type:** Shame Processing and Self-Compassion Exercise
- **Time:** 15–20 minutes
- **Best Used For:** Trauma recovery, self-worth rebuilding, emotional healing, cognitive restructuring, and self-compassion development

## TOOL #78 - THE GUILT VS RESPONSIBILITY TOOL

---

### UNDERSTANDING THE DIFFERENCE BETWEEN ACCOUNTABILITY AND SELF-BLAME

The Guilt vs Responsibility Tool helps clients understand the difference between healthy responsibility and painful self-blame.

After trauma or difficult experiences, people may carry guilt for things that were outside of their control.

This tool helps clients examine what belongs to them, what does not, and develop a more balanced perspective.

### When To Use This Tool

Use this tool with clients experiencing:

- Trauma history
- Excessive guilt
- Self-blame
- Shame
- Regret
- Difficulty forgiving themselves

### Clinical Goals

Help clients:

- Understand healthy responsibility
- Identify unnecessary guilt
- Reduce self-blame

- Develop self-compassion
- Create balanced beliefs

### **Therapist Introduction**

"Guilt can help us learn when we have done something that goes against our values. But sometimes guilt takes responsibility for things that were never ours to carry."

### **Understanding My Guilt**

The situation I feel guilty about:

---

The thought I keep having:

"I should have \_\_\_\_\_"

"I could have \_\_\_\_\_"

### **Exploring My Responsibility**

What was actually within my control?

---

What choices did I have at the time?

---

What information did I have then?

---

### **What Was Not My Responsibility?**

Things outside my control:

---

Things that belonged to others:

---

Things I could not predict or prevent:

---

### **Guilt vs Responsibility Check**

#### **Healthy Responsibility**

---

Looks like:

- ☐ Learning from experiences
- ☐ Making changes
- ☐ Repairing mistakes when possible
- ☐ Taking ownership of choices

My healthy responsibility:

---

### **Unhealthy Guilt**

Looks like:

- ☐ Blaming myself for everything
- ☐ Feeling responsible for others' actions
- ☐ Punishing myself
- ☐ Believing I deserved harm

My unhealthy guilt:

---

### **A Balanced Perspective**

The story guilt tells me:

---

A more balanced truth:

---

### **Practicing Self-Compassion**

If someone I cared about was in my situation, I would say:

---

A compassionate message for myself:

---

### **Releasing Unnecessary Guilt**

Something I am ready to let go of:

---

Something I choose to learn from:

---

Something I choose to forgive myself for:

---

**My New Understanding**

I am responsible for:

---

I am not responsible for:

---

I can move forward by:

---

**Client Reflection**

Something I see differently now:

---

A burden I want to release:

---

A healthier belief I want to practice:

---

**Therapist Notes**

Guilt and responsibility can become confused after trauma or painful experiences.

The goal is not to remove accountability, but to help clients recognize the difference between learning from experiences and carrying blame that does not belong to them.

**Key Message**

"Responsibility helps us grow. Unnecessary guilt keeps us trapped."

**Clinical Summary**

- **Tool Type:** Cognitive Processing and Self-Compassion Exercise
- **Time:** 15–20 minutes

- **Best Used For:** Trauma recovery, guilt processing, shame reduction, self-forgiveness, and emotional healing

## TOOL #79 - THE SELF-BLAME RELEASE WORKSHEET

### LETTING GO OF UNFAIR RESPONSIBILITY AND BUILDING SELF-COMPASSION

The Self-Blame Release Worksheet helps clients identify patterns of self-blame and explore a more balanced understanding of difficult experiences.

After trauma, people may believe they caused, deserved, or should have prevented something that was outside of their control.

This tool helps clients separate facts from self-blame and develop a kinder perspective toward themselves.

#### When To Use This Tool

Use this tool with clients experiencing:

- Trauma history
- Self-blame
- Shame
- Guilt
- Negative self-beliefs
- Difficulty with self-forgiveness

#### Clinical Goals

Help clients:

- Identify self-blaming thoughts
- Separate responsibility from blame
- Challenge unfair beliefs
- Develop self-compassion
- Support emotional healing

#### Therapist Introduction

"After painful experiences, the mind often searches for explanations. Sometimes it turns that pain inward and creates blame that does not belong to you."

**My Self-Blaming Thought**

The thought I often have is:

"I blame myself because \_\_\_\_\_"

A situation where I feel self-blame:

---

**The Story I Tell Myself**

I tell myself:

"I should have \_\_\_\_\_"

"I could have \_\_\_\_\_"

"It was my fault because \_\_\_\_\_"

**Looking At The Facts**

What actually happened:

---

What I knew at that time:

---

What I could control:

---

What I could not control:

---

**Understanding My Response**

At that moment, my brain and body were trying to:

- ☐ Protect me
  - ☐ Survive
  - ☐ Avoid danger
  - ☐ Find safety
  - ☐ Cope with stress
-



My response was:

---

### **Separating Blame From Responsibility**

I am responsible for:

---

I am not responsible for:

---

### **A Compassionate Perspective**

If someone I cared about experienced the same situation, I would tell them:

---

A kinder message for myself:

---

### **Releasing The Blame**

A belief I want to let go of:

---

A truth I want to remember:

---

A new belief I want to practice:

---

### **My Self-Compassion Statement**

I can remind myself:

- "I did the best I could with what I knew at the time."
- "I deserve understanding and compassion."
- "My experience does not define my worth."

My personal statement:

---

### **Moving Forward**

---

One thing I can do to support my healing:

---

One way I can treat myself with kindness:

---

One strength I recognize in myself:

---

**Client Reflection**

Something I understand differently now:

---

Something I am ready to release:

---

Something I want to remember about myself:

---

**Therapist Notes**

Self-blame is a common response after trauma and difficult experiences. It can create a false sense of control by making the person believe they could have prevented what happened.

The goal is not to remove personal growth or accountability, but to help clients develop a realistic and compassionate understanding of their experience.

**Key Message**

"You can learn from your past without blaming yourself for what was never yours to carry."

**Clinical Summary**

- **Tool Type:** Self-Blame Reduction and Cognitive Processing Exercise
- **Time:** 15–20 minutes
- **Best Used For:** Trauma recovery, shame reduction, guilt processing, self-compassion, and rebuilding self-worth

**TOOL #80 - THE COMPASSIONATE REFRAME EXERCISE**

---

## CHANGING PAINFUL THOUGHTS INTO SUPPORTIVE UNDERSTANDING

The Compassionate Reframe Exercise helps clients identify harsh self-judgments and replace them with more balanced, understanding, and compassionate perspectives.

After trauma or difficult experiences, people may develop critical thoughts about themselves. This tool helps create a kinder internal voice that supports healing.

### **When To Use This Tool**

Use this tool with clients experiencing:

- Trauma recovery
- Self-criticism
- Shame
- Guilt
- Negative beliefs about self
- Emotional distress

### **Clinical Goals**

Help clients:

- Recognize self-critical thoughts
- Develop self-compassion
- Create balanced perspectives
- Reduce shame and blame
- Strengthen emotional healing

### **Therapist Introduction**

"Many people speak to themselves in ways they would never speak to someone they care about. Compassionate reframing helps create a more supportive relationship with yourself."

### **The Thought I Want To Reframe**

A painful thought I often have:

---

When this thought appears, I feel:

---

**The Critical Voice Says**

My self-critical message:

"I am \_\_\_\_\_"

"I should have \_\_\_\_\_"

"I failed because \_\_\_\_\_"

**Understanding Where This Thought Came From**

This belief may come from:

- ☐ A painful experience
- ☐ Fear
- ☐ Shame
- ☐ Past criticism
- ☐ A survival response

My reflection:

---

**Looking At The Situation With Compassion**

What would I say to someone I care about in the same situation?

---

What would a supportive person say to me?

---

**Creating A Balanced Reframe**

Instead of thinking:

" \_\_\_\_\_ "

I can practice thinking:

" \_\_\_\_\_ "

**A Compassionate Truth**

---

Something more realistic and kind:

---

A reminder I want to believe:

---

### **Supporting Myself Through Difficult Moments**

When I struggle, I can:

- ☐ Speak kindly to myself
- ☐ Remember my humanity
- ☐ Use grounding skills
- ☐ Ask for support
- ☐ Practice patience

My compassion practice:

---

### **My New Inner Voice**

I want my inner voice to sound:

- ☐ Patient
- ☐ Understanding
- ☐ Encouraging
- ☐ Supportive
- ☐ Kind

My new message to myself:

---

### **Reflection**

A thought I want to release:

---

A belief I want to strengthen:

---

A compassionate statement I want to remember:

---

---

## Therapist Notes

Compassionate reframing helps clients recognize that self-criticism often develops as a response to pain, fear, or past experiences.

The goal is not to ignore difficulties, but to create a more balanced internal dialogue that supports healing, resilience, and self-worth.

## Key Message

"The way you speak to yourself can become part of your healing."

## Clinical Summary

- **Tool Type:** Self-Compassion and Cognitive Reframing Exercise
- **Time:** 10–15 minutes
- **Best Used For:** Trauma recovery, shame reduction, self-worth rebuilding, emotional healing, and changing negative thought patterns

## TOOL #81 - THE INNER CRITIC TRANSFORMATION TOOL

---

### CHANGING SELF-CRITICISM INTO SELF-SUPPORT

The Inner Critic Transformation Tool helps clients recognize their inner critic, understand where critical thoughts come from, and develop a more supportive internal voice.

After trauma or difficult experiences, the inner critic may develop as a way to prevent mistakes, avoid rejection, or create a sense of control.

This tool helps clients transform criticism into compassion and understanding.

### When To Use This Tool

Use this tool with clients experiencing:

- Trauma recovery
- Self-criticism
- Shame
- Perfectionism

- Low self-worth
- Negative self-talk

### **Clinical Goals**

Help clients:

- Identify inner critic patterns
- Understand protective intentions
- Reduce harsh self-judgment
- Build self-compassion
- Develop a healthier inner voice

### **Therapist Introduction**

"The inner critic often develops as a way to protect us. Healing does not mean fighting this voice, but learning to respond to it with understanding and compassion."

### **Recognizing My Inner Critic**

My inner critic usually appears when:

---

The situations that activate it:

---

### **The Inner Critic Says**

My critical thoughts sound like:

"I am \_\_\_\_\_"

"I should \_\_\_\_\_"

"I am not enough because \_\_\_\_\_"

### **How The Inner Critic Makes Me Feel**

My emotions:

---

My body response:

---

My actions:

---

### **Understanding The Inner Critic**

My inner critic may be trying to protect me from:

- ☐ Failure
- ☐ Rejection
- ☐ Disappointment
- ☐ Making mistakes
- ☐ Feeling unsafe

What it is trying to do:

---

### **Separating The Critic From The Truth**

The critical message:

---

The facts:

---

A more balanced perspective:

---

### **Creating A Compassionate Response**

Instead of criticizing myself, I can say:

- "I understand that I am trying to protect myself."
- "I can learn without hurting myself."
- "I deserve patience while I grow."

My compassionate response:

---

### **Transforming My Inner Voice**

My old message:

---



---

My new supportive message:

---

### **My Inner Support Guide**

When I make a mistake, I want to remember:

---

When I feel insecure, I can remind myself:

---

When I feel overwhelmed, I can tell myself:

---

### **Practice Exercise**

A recent moment when my inner critic appeared:

---

How I responded before:

---

How I want to respond now:

---

### **My New Inner Voice**

I want my inner voice to be:

- ☐ Kind
- ☐ Patient
- ☐ Encouraging
- ☐ Understanding
- ☐ Supportive

A phrase I want to practice:

---

### **Client Reflection**

Something I learned about my inner critic:

---

Something I want to change:

---

Something I appreciate about myself:

---

### Therapist Notes

The inner critic often develops from past experiences, fear, or attempts to create safety and control.

The goal is not to eliminate the inner critic, but to transform the relationship with it by creating awareness, compassion, and healthier self-talk.

### Key Message

"Your inner critic developed for a reason, but your healing voice can become stronger."

### Clinical Summary

- **Tool Type:** Self-Compassion and Cognitive Transformation Exercise
- **Time:** 15–20 minutes
- **Best Used For:** Trauma recovery, self-worth rebuilding, shame reduction, emotional healing, and developing compassionate self-talk

## TOOL #82 - THE TRAUMA LETTER EXERCISE

### EXPRESSING THOUGHTS, EMOTIONS, AND HEALING THROUGH WRITING

The Trauma Letter Exercise helps clients process emotions connected to difficult experiences by expressing thoughts, feelings, and reflections through writing.

This tool provides a structured way to explore experiences, release emotions, and create a compassionate message toward themselves or others.

### When To Use This Tool

Use this tool with clients experiencing:

---

- Trauma recovery
- Unexpressed emotions
- Grief
- Anger
- Shame
- Difficulty processing experiences

### **Clinical Goals**

Help clients:

- Express emotions safely
- Organize thoughts and feelings
- Release emotional burdens
- Develop self-compassion
- Create personal meaning from experiences

### **Therapist Introduction**

"Writing can create a safe space to express thoughts and emotions that may be difficult to say out loud. This exercise is for your healing and understanding."

### **Choosing My Letter**

My letter is for:

- ☐ Myself
- ☐ Someone involved in my experience
- ☐ My younger self
- ☐ My past self
- ☐ My future self

My choice:

---

### **Before Writing**

What emotions are present right now?

---

What do I want to express?

---

What do I need to acknowledge?

---

**Part 1: What Happened**

I want to recognize:

---

The experience affected me by:

---

**Part 2: What I Felt**

During and after this experience, I felt:

---

Things I wanted to say but could not:

---

**Part 3: What I Needed**

At that time, I needed:

---

I wish someone had told me:

---

**Part 4: My Compassionate Message**

A kind message to myself:

---

Something I want myself to remember:

---

Something I am proud of:

---

**Part 5: Moving Forward**

What I want to release:

---

What I want to carry with me:

---

The person I want to become:

---

**My Healing Letter**

Dear \_\_\_\_\_,

I want you to know:

---

I understand now:

---

I forgive:

---

I choose:

---

**After Writing Reflection**

Writing this letter made me feel:

---

Something I learned:

---

Something I need after this exercise:

---

**My Self-Support Plan**

After completing this exercise, I can support myself by:

---

- ☐ Grounding
- ☐ Resting
- ☐ Talking with someone safe
- ☐ Practicing self-care
- ☐ Using relaxation skills

My plan:

---

### Therapist Notes

Trauma letter exercises can help clients express emotions, organize memories, and develop a compassionate relationship with their experiences.

The goal is not to force emotional release or revisit painful memories before readiness. The exercise should be approached with safety, pacing, and appropriate support.

### Key Message

"Your voice and your experiences matter. Writing can help you understand, process, and heal."

### Clinical Summary

- **Tool Type:** Trauma Expression and Emotional Processing Exercise
- **Time:** 15–30 minutes
- **Best Used For:** Trauma recovery, emotional expression, grief processing, self-compassion, and healing integration

## TOOL #83 - THE UNSENT LETTER HEALING PRACTICE

---

### EXPRESSING FEELINGS WITHOUT NEEDING A RESPONSE

The Unsent Letter Healing Practice helps clients express thoughts, emotions, and experiences that may have been difficult to communicate.

This exercise creates a private space to release emotions, process unfinished feelings, and develop personal closure without needing the other person to respond.

### When To Use This Tool

Use this tool with clients experiencing:

- Trauma recovery
- Unresolved emotions
- Anger or sadness
- Grief
- Relationship wounds
- Difficulty expressing feelings

### **Clinical Goals**

Help clients:

- Express unspoken emotions
- Process unresolved experiences
- Release emotional burdens
- Create personal closure
- Strengthen self-awareness

### **Therapist Introduction**

"Sometimes healing requires expressing what was never said. An unsent letter gives you a safe place to share your truth without needing permission, approval, or a response from anyone else."

### **Choosing My Letter**

My letter is written to:

- ☐ Someone who hurt me
- ☐ Someone I lost
- ☐ Someone I never had closure with
- ☐ My younger self
- ☐ Myself

This letter is for:

---

### **Before Writing**

The emotions I feel about this person or experience:

---

What I have been holding inside:

---

What I wish I could say:

---

**Part 1: My Truth**

What happened from my perspective:

---

What I want them to understand:

---

**Part 2: My Feelings**

I felt:

---

The hardest part was:

---

What hurt me was:

---

**Part 3: What I Needed**

At that time, I needed:

---

I wish I had received:

---

**Part 4: What I Want To Release**

I am ready to let go of:

---

A burden I no longer want to carry:

---



---

An emotion I want to process:

---

### **Part 5: My Healing Message**

What I want to say now:

---

What I want to choose for myself:

---

How I want to move forward:

---

### **My Unsent Letter**

Dear \_\_\_\_\_,

I want you to know:

---

I felt:

---

I needed:

---

Today I choose:

---

### **After Writing Reflection**

After writing this letter, I notice:

My emotions:

---

My body feels:

---

Something I understand better:

---

---

## **Creating Closure For Myself**

I may never receive:

---

But I can give myself:

---

---

The healing I want to create:

---

## **My Self-Care After Writing**

After this exercise, I can support myself by:

- ☐ Grounding
- ☐ Taking a break
- ☐ Talking with someone safe
- ☐ Resting
- ☐ Doing something comforting

My plan:

---

## **Client Reflection**

Something I released:

---

Something I learned:

---

Something I want to remember:

---

## **Therapist Notes**

Unsent letters can help clients process emotions connected to unresolved experiences without requiring contact or confrontation.

---

The goal is not to send the letter or change another person's behavior, but to create emotional expression, self-understanding, and personal healing.

### **Key Message**

"Your healing does not require someone else to hear your words. Your feelings deserve a place to be expressed."

### **Clinical Summary**

- **Tool Type:** Emotional Expression and Closure Exercise
- **Time:** 15–30 minutes
- **Best Used For:** Trauma recovery, grief processing, unresolved emotions, self-expression, and emotional healing

## **TOOL #84 - THE YOUNGER SELF DIALOGUE EXERCISE**



---

### **CONNECTING WITH MY PAST SELF THROUGH COMPASSION AND UNDERSTANDING**

The Younger Self Dialogue Exercise helps clients develop compassion toward earlier versions of themselves and explore unmet needs, emotions, and experiences from the past.

This tool supports healing by helping clients recognize that their younger self was responding with the knowledge, resources, and circumstances available at that time.

### **When To Use This Tool**

Use this tool with clients experiencing:

- Trauma recovery
- Childhood wounds
- Shame
- Self-blame
- Emotional neglect experiences
- Difficulty showing self-compassion

### **Clinical Goals**

Help clients:

- Develop compassion for their younger self
- Recognize childhood needs
- Reduce shame and self-blame
- Process painful emotions safely
- Build a supportive inner relationship

### **Therapist Introduction**

"Many people carry memories, emotions, or beliefs from earlier parts of their life. This exercise helps you connect with your younger self with kindness, understanding, and support."

### **Meeting My Younger Self**

The age I want to connect with:

---

What was happening in my life during that time?

---

What do I remember about myself then?

---

### **Understanding My Younger Self**

My younger self was experiencing:

---

---

My younger self may have felt:

- ☐ Afraid
- ☐ Alone
- ☐ Confused
- ☐ Hurt
- ☐ Unheard
- ☐ Hopeful

Other feelings:

---

### **What My Younger Self Needed**

At that time, I needed:

- ☐ Safety
- ☐ Support
- ☐ Understanding
- ☐ Protection
- ☐ Encouragement
- ☐ Acceptance

Something I needed to hear:

---

### **The Dialogue Begins**

#### **My Younger Self Says:**

"I want you to know..."

---

"I felt..."

---

"I needed..."

---

#### **My Present Self Responds:**

---

"I hear you."

---

"I understand now..."

---

"You deserved..."

---

"I want you to remember..."

---

### **Offering Compassion**

If I could give my younger self a message, I would say:

---

If I could offer comfort, I would provide:

---

A promise I want to make to myself:

---

### **Healing The Relationship With Myself**

A painful belief I want to release:

---

A kinder belief I want to build:

---

A way I can care for myself today:

---

### **My Inner Support Statement**

I want my younger self to know:

- "I am here for you."
  - "I believe you."
  - "You matter."
-

- "You are worthy of care."

My personal message:

---

### **Reflection**

Something I learned about my younger self:

---

Something I feel compassion for:

---

Something I want to continue healing:

---

### **Therapist Notes**

Younger self exercises can support self-compassion and emotional integration by helping clients understand earlier experiences with greater kindness.

The goal is not to relive painful memories, but to develop a supportive relationship with parts of themselves that may still carry emotional pain.

### **Key Message**

"The younger version of you needed understanding. The present version of you can offer compassion."

### **Clinical Summary**

- **Tool Type:** Self-Compassion and Inner Healing Exercise
- **Time:** 15–30 minutes
- **Best Used For:** Trauma recovery, shame reduction, emotional healing, self-worth development, and compassionate self-reflection

## **TOOL #85 - THE INNER CHILD SUPPORT WORKSHEET**





---

## BUILDING A CARING AND SUPPORTIVE RELATIONSHIP WITH MY YOUNGER SELF

The Inner Child Support Worksheet helps clients identify emotional needs from earlier life experiences and practice offering themselves the support, protection, and compassion they may have needed.

This tool helps clients connect with younger parts of themselves while strengthening self-understanding and emotional care.

### **When To Use This Tool**

Use this tool with clients experiencing:

- Trauma recovery
- Childhood emotional wounds
- Shame
- Self-criticism
- Difficulty expressing needs
- Challenges with self-compassion

### **Clinical Goals**

Help clients:

- Recognize unmet emotional needs
- Develop self-compassion
- Build internal support
- Reduce shame and self-blame
- Strengthen emotional security

### **Therapist Introduction**

"Parts of us may continue carrying feelings and needs from earlier experiences. This exercise helps you offer your younger self the understanding and support they deserved."

---

## **Connecting With My Younger Self**

# The Younger Version Of Me

The age I want to connect with:

What was happening during this period of my life?

What was this younger version of me experiencing?

## Understanding My Younger Self

### My Younger Self May Have Felt

- ☐ Scared
- ☐ Alone
- ☐ Confused
- ☐ Unimportant
- ☐ Unheard
- ☐ Responsible for too much
- ☐ Hopeful
- ☐ Curious

Other feelings:

### What My Younger Self Learned

I learned:

I started believing:

I began protecting myself by:

## Identifying My Younger Self's Needs

### What Did I Need More Of?

- ☐ Safety
- ☐ Love
- ☐ Attention
- ☐ Encouragement
- ☐ Protection
- ☐ Acceptance
- ☐ Understanding
- ☐ Freedom to be myself

Something I needed:

---

### What Did I Need Someone To Say?

- "I see you."
- "I believe you."
- "You matter."
- "You are important."
- "You are not alone."

My personal message:

---

---

## Becoming My Own Support System

### Today, I Can Give Myself

Comfort:

---

Protection:

---

Encouragement:

---

---

Understanding:

---

---

**My Inner Child Dialogue**

**My Younger Self Says:**

"I wish someone understood..."

---

"I needed..."

---

"I felt..."

---

**My Adult Self Responds:**

"I understand now..."

---

"You deserved..."

---

"I want you to know..."

---

---

**Creating Safety Today**

Things that help me feel safe now:

- ☐ Calm environment
- ☐ Supportive relationships
- ☐ Healthy boundaries
- ☐ Rest and care
- ☐ Emotional expression

My safety choices:

---

---

### **My Inner Child Support Plan**

When I feel hurt or overwhelmed, I can ask:

"What does this younger part of me need right now?"

My answer:

---

I can support myself by:

---

---

### **Healing Statements**

I want my younger self to remember:

- "I am here for you."
- "You were worthy of care."
- "You did the best you could."
- "You deserve kindness."

My personal healing statement:

---

---

### **Reflection**

Something I understand about my younger self:

---

Something I feel compassion toward:

---

Something I want to continue healing:

---

---

Something I can provide myself today:

---

---

### Therapist Notes

Inner child work can help clients explore earlier emotional experiences and develop compassion toward younger parts of themselves.

The goal is not to change the past, but to create a healthier relationship with those memories and provide emotional support in the present.

This exercise should be approached with pacing and emotional safety, especially when working with trauma-related experiences.

---

### Key Message

"The care your younger self needed can begin with the compassion you offer yourself today."

---

### Clinical Summary

- **Tool Type:** Inner Child Support and Self-Compassion Exercise
- **Time:** 15–30 minutes
- **Best Used For:** Trauma recovery, emotional healing, shame reduction, self-compassion, and rebuilding inner safety

## TOOL #86 - THE MEMORY DISTANCE TECHNIQUE

---

### CREATING EMOTIONAL SPACE BETWEEN THE PAST AND THE PRESENT

The Memory Distance Technique helps clients practice creating psychological distance from distressing memories, images, or thoughts.

After trauma, memories can sometimes feel as if they are happening in the present moment. This tool helps clients recognize that a memory is a past experience while building a sense of safety in the present.

### When To Use This Tool

---

Use this tool with clients experiencing:

- Trauma memories
- Flashbacks
- Emotional flooding
- Intrusive thoughts
- Strong emotional reactions to past events
- Difficulty separating past and present

### **Clinical Goals**

Help clients:

- Create distance from painful memories
- Strengthen present-moment awareness
- Reduce emotional overwhelm
- Develop grounding skills
- Increase control over attention and focus

### **Therapist Introduction**

"Sometimes the brain stores painful memories in a way that makes them feel very close. This exercise helps you create space between the memory and your current reality."

---

### **Step 1: Identify The Memory**

A memory that feels overwhelming:

---

The emotions connected to this memory:

---

My body response when I think about it:

---

---

**Step 2: Notice The Distance**

When I think about this memory, it feels:

- ☐ Very close
- ☐ Close
- ☐ Somewhat distant
- ☐ Far away

The memory feels like it is:

---

---

**Step 3: Create Space**

Imagine placing the memory somewhere outside of yourself.

It could be:

- ☐ A movie screen
- ☐ A picture frame
- ☐ A book
- ☐ A box
- ☐ A cloud passing by
- ☐ A place in the distance

My image of the memory:

---

---

**Step 4: Adjust The Distance**

I can imagine the memory becoming:

Smaller:

---

Further away:

---

Less intense:

---



---

Quieter:

---

---

### **Step 5: Return To The Present**

Look around and notice:

**What I See**

---

**What I Hear**

---

**What I Feel In My Body**

---

**Where I Am Right Now**

---

---

### **Step 6: Present Reality Reminder**

The memory is:

- ☐ Something that happened before
- ☐ Not happening right now
- ☐ A past experience my brain remembers

Today I am:

---

I am currently safe because:

---

---

### **My Grounding Statement**

When memories feel too close, I can remind myself:

---

- "This is a memory, not the present."
- "I am here now."
- "I can create distance."
- "My body can return to calm."

My personal reminder:

---

---

### **My Memory Distance Practice**

A situation where I can use this skill:

---

The distance technique that works best for me:

---

How I feel afterward:

---

---

### **Reflection**

Before this exercise, the memory felt:

---

After this exercise, the memory feels:

---

Something I learned:

---

Something that helps me feel present:

---

---

### **Therapist Notes**

---

The Memory Distance Technique supports emotional regulation by helping clients shift their relationship with distressing memories.

The goal is not to erase memories or avoid processing them, but to help clients experience memories with greater control, awareness, and connection to present safety.

This tool should be used with appropriate pacing and support, especially when working with intense trauma memories.

---

### **Key Message**

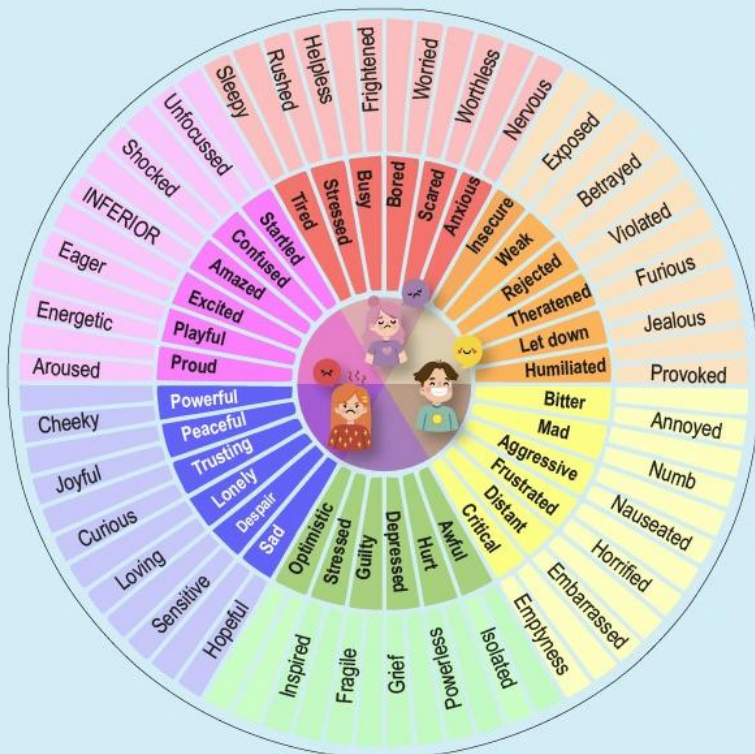
"A memory can be real and important without needing to feel like it is happening right now."

---

### **Clinical Summary**

- **Tool Type:** Trauma Memory Regulation and Grounding Exercise
- **Time:** 10–15 minutes
- **Best Used For:** Trauma recovery, flashback management, emotional regulation, grounding, and present-moment awareness

## **TOOL #87 - THE EMOTIONAL PROCESSING WHEEL**



---

## UNDERSTANDING, IDENTIFYING, AND PROCESSING EMOTIONAL EXPERIENCES

The Emotional Processing Wheel helps clients identify emotions, understand what those emotions are communicating, and explore the thoughts, body sensations, and needs connected to their experiences.

Many people struggle to identify emotions beyond basic feelings like "fine," "bad," or "stressed." This tool expands emotional awareness and supports healthier emotional processing.

### **When To Use This Tool**

- Use this tool with clients experiencing:
- Trauma recovery
- Emotional confusion
- Difficulty naming feelings
- Anxiety
- Emotional overwhelm
- Difficulty expressing needs

### **Clinical Goals**

Help clients:

- Identify specific emotions
- Understand emotional patterns
- Connect emotions with body responses
- Recognize underlying needs
- Develop emotional regulation skills

### **Therapist Introduction**

"Emotions provide information. They are signals that tell us something about our experiences, needs, and values. Understanding emotions can help us respond instead of becoming overwhelmed by them."

**Step 1: Identify The Situation**

What happened?

---

What was happening around me?

---

Who was involved?

---

---

**Step 2: Find My Main Emotion**

The strongest emotion I notice is:

- ☐ Fear
- ☐ Sadness
- ☐ Anger
- ☐ Shame
- ☐ Guilt
- ☐ Joy
- ☐ Disappointment
- ☐ Confusion
- ☐ Relief

My emotion:

---

---

**Step 3: Explore The Emotion**

If This Emotion Could Speak, It Would Say:

---

This Emotion May Be Trying To Tell Me:

---

The Intensity Of This Emotion

---

My emotional intensity:

---

---

**Step 4: Discover The Layers Beneath The Emotion**

Sometimes one emotion protects another.

Underneath my first emotion, I may notice:

- ☐ Hurt
- ☐ Fear
- ☐ Loneliness
- ☐ Disappointment
- ☐ Need for connection
- ☐ Need for safety

What I discover:

---

---

**Step 5: Connect Emotion With My Body**

Where do I feel this emotion?

- ☐ Chest
- ☐ Stomach
- ☐ Shoulders
- ☐ Head
- ☐ Throat
- ☐ Whole body

My body sensation:

---

---

**Step 6: Understand My Emotional Need**

This emotion may be showing me that I need:

---

- ☐ Safety
- ☐ Rest
- ☐ Support
- ☐ Understanding
- ☐ Boundaries
- ☐ Connection
- ☐ Comfort
- ☐ Acceptance

My need:

---

---

**Step 7: Choose My Response**

Instead of reacting automatically, I can:

- ☐ Pause
- ☐ Breathe
- ☐ Communicate my needs
- ☐ Set a boundary
- ☐ Ask for support
- ☐ Practice self-care

My helpful response:

---

---

**My Emotional Processing Wheel**

**Situation**

↓

**Emotion**

↓

**Body Response**

↓



## Meaning



## Need



## Healthy Response

---

---

### My Emotional Awareness Practice

An emotion I want to understand better:

---

A pattern I notice:

---

A skill that helps me process emotions:

---

---

### Reflection

What did this emotion teach me?

---

What does this emotion need from me?

---

How can I support myself today?

---

---

### Therapist Notes

The Emotional Processing Wheel helps clients move from emotional reaction toward emotional understanding.

The goal is not to eliminate difficult emotions, but to increase awareness, identify underlying needs, and develop healthier ways to respond.

Emotions are treated as information rather than problems to be avoided.

---

### **Key Message**

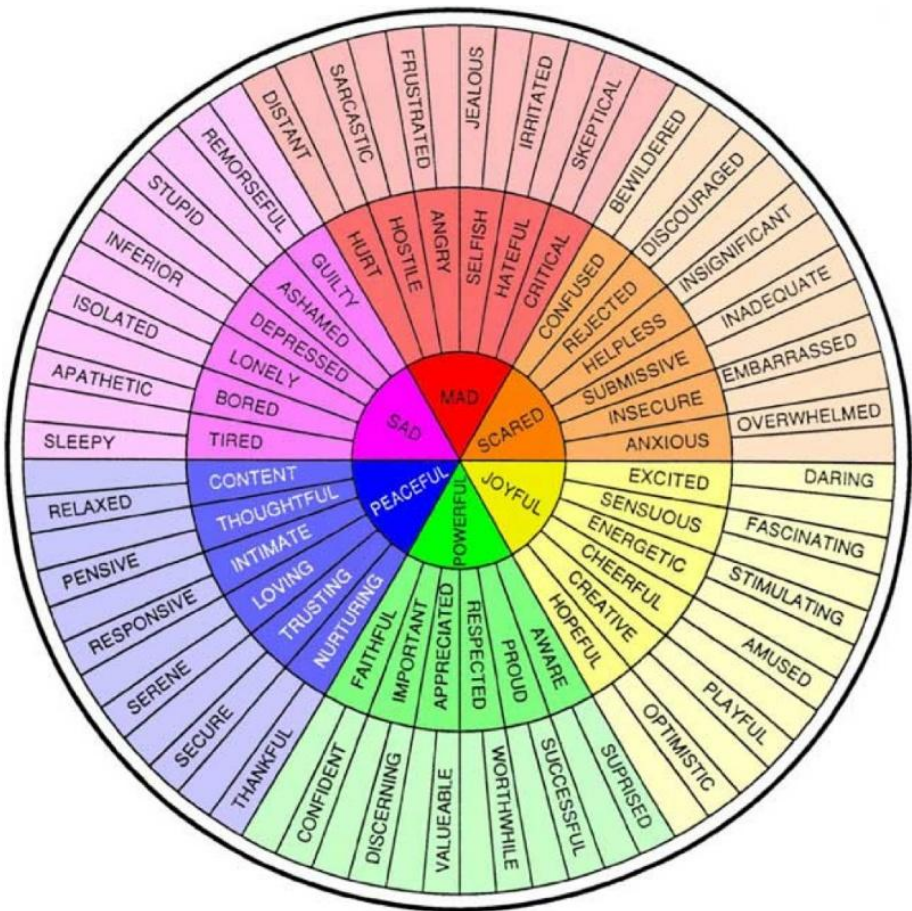
"Every emotion carries information. Understanding your emotions helps you understand yourself."

---

### **Clinical Summary**

- **Tool Type:** Emotional Awareness and Processing Exercise
- **Time:** 10–15 minutes
- **Best Used For:** Trauma recovery, emotional regulation, anxiety management, self-awareness, communication skills, and coping development

**TOOL #88 - THE TRAUMA EMOTION IDENTIFICATION MAP**



**MAPPING EMOTIONAL RESPONSES CONNECTED TO TRAUMA EXPERIENCES**

The Trauma Emotion Identification Map helps clients recognize, organize, and understand emotions connected to trauma experiences.

After trauma, emotions can sometimes feel confusing, overwhelming, or disconnected from specific memories or situations. This tool helps clients identify emotional patterns, understand their purpose, and develop healthier responses.

## When To Use This Tool

Use this tool with clients experiencing:

- Trauma recovery
- Emotional confusion
- PTSD symptoms
- Emotional numbness
- Intense emotional reactions
- Difficulty identifying feelings

## Clinical Goals

Help clients:

- Identify trauma-related emotions
- Connect emotions with experiences
- Understand emotional patterns
- Recognize emotional needs
- Build regulation skills

## Therapist Introduction

"Trauma can create powerful emotional responses. Learning to identify emotions helps you understand what your mind and body are communicating."

---

## My Emotional Map

### Step 1: Identify The Situation

A situation that brings up strong emotions:

---

What happened or what reminded me of it?

---

---

### Step 2: Identify My Main Emotion

---

The strongest emotion I notice is:

- ☐ Fear
- ☐ Anger
- ☐ Sadness
- ☐ Shame
- ☐ Guilt
- ☐ Anxiety
- ☐ Numbness
- ☐ Confusion
- ☐ Grief
- ☐ Relief

My emotion:

---

---

**Step 3: Explore The Emotion**

**This Emotion Feels Like**

- ☐ Heavy
- ☐ Sharp
- ☐ Empty
- ☐ Overwhelming
- ☐ Uncomfortable
- ☐ Protective
- ☐ Familiar

Other description:

---

**The Intensity Of This Emotion**

0 — 10

My emotional intensity:

---

---

---

**Step 4: Where Do I Feel It In My Body?**

My body signal:

- ☐ Tight chest
- ☐ Fast heartbeat
- ☐ Stomach tension
- ☐ Muscle tension
- ☐ Numbness
- ☐ Restlessness
- ☐ Feeling disconnected

Other sensations:

---

---

**Step 5: Understanding The Emotion**

This emotion may be connected to:

- ☐ A memory
- ☐ A fear
- ☐ A need
- ☐ A belief
- ☐ A trigger
- ☐ A past experience

My connection:

---

---

**Step 6: What Is This Emotion Trying To Protect?**

This emotion may be trying to protect me from:

---

It may be reminding me that I need:

---

- ☐ Safety
- ☐ Support
- ☐ Boundaries
- ☐ Rest
- ☐ Connection
- ☐ Understanding

My need:

---

---

**Step 7: My Emotional Pattern Map**

**Trigger**

What activates this emotion?

---



**Emotion**

What do I feel?

---



**Body Response**

What happens physically?

---



**Thought**

What do I tell myself?

---



**Need**

What support do I need?

---



### **Healthy Response**

What can I do to help myself?

---

---

### **Common Trauma Emotion Patterns**

#### **Fear**

May connect with:

- Danger
- Uncertainty
- Loss of safety

What helps me feel safer:

---

---

#### **Anger**

May connect with:

- Hurt
- Boundaries
- Protection

What my anger is communicating:

---

---

#### **Sadness**

May connect with:

- Loss
-



- Grief
- Unmet needs

What I need to acknowledge:

---

---

### **Shame**

May connect with:

- Self-blame
- Feeling unworthy
- Painful beliefs

A kinder truth:

---

---

### **Numbness**

May connect with:

- Overwhelm
- Protection
- Emotional shutdown

What helps me reconnect:

---

---

### **My Emotional Support Plan**

When difficult emotions appear, I can:

---

---

- ☐ Pause
- ☐ Ground myself
- ☐ Name the emotion
- ☐ Breathe
- ☐ Talk to someone safe
- ☐ Practice self-compassion

My plan:

---

---

### **Reflection**

An emotion I understand better now:

---

Something my emotions are teaching me:

---

A way I can support myself:

---

---

### **Therapist Notes**

Trauma can affect emotional processing by creating intense reactions, emotional avoidance, or difficulty identifying feelings.

The goal of this tool is not to eliminate emotions, but to help clients recognize emotions as meaningful signals connected to experiences, needs, and protective responses.

---

### **Key Message**

"Understanding your emotions helps you understand what your mind and body need."

---

### **Clinical Summary**

---

- **Tool Type:** Trauma Emotion Awareness and Regulation Exercise
- **Time:** 15–20 minutes
- **Best Used For:** Trauma recovery, emotional identification, PTSD support, self-awareness, nervous system regulation, and coping development

## TOOL #89 - THE TRIGGER CHAIN ANALYSIS



### UNDERSTANDING HOW TRIGGERS LEAD TO EMOTIONAL RESPONSES

The Trigger Chain Analysis helps clients understand the sequence of events that happens after a trigger appears.

Trauma responses often feel automatic or unpredictable. This tool helps clients slow down the process and identify the connection between triggers, thoughts, emotions, body sensations, behaviors, and needs.

Understanding the chain creates opportunities to interrupt the cycle and choose supportive responses.

### When To Use This Tool

Use this tool with clients experiencing:

- Trauma triggers
- Emotional reactions that feel automatic
- Anxiety responses

- Anger episodes
  - Flashbacks
  - Avoidance patterns
  - Difficulty understanding reactions
- 

## **Clinical Goals**

Help clients:

- Identify personal trigger patterns
  - Understand trauma responses
  - Recognize early warning signs
  - Find intervention points
  - Build emotional regulation skills
- 

## **Therapist Introduction**

"Reactions often happen in a chain. By understanding each step, you can discover where you have the ability to pause, support yourself, and choose a different response."

---

## **My Trigger Chain**

### **Step 1: The Trigger**

What happened before my reaction?

---

What situation, person, place, thought, or sensation activated me?

---

---

### **Step 2: My Immediate Reaction**

The first thing I noticed was:

---

- ☐ A thought
- ☐ An emotion
- ☐ A body sensation
- ☐ An urge to act

What happened first?

---

---

### **Step 3: My Thoughts**

The thought that appeared was:

---

My brain told me:

"I am..."

---

"The situation means..."

---

---

### **Step 4: My Emotions**

The emotions I experienced:

- ☐ Fear
- ☐ Anger
- ☐ Sadness
- ☐ Shame
- ☐ Guilt
- ☐ Panic
- ☐ Confusion
- ☐ Numbness

My strongest emotion:

---

Intensity (0–10):

---

---

---

### **Step 5: My Body Response**

My body reacted by:

- ☐ Heart racing
- ☐ Muscle tension
- ☐ Feeling frozen
- ☐ Feeling disconnected
- ☐ Breathing changes
- ☐ Feeling restless

Other body signals:

---

---

### **Step 6: My Survival Response**

My nervous system moved toward:

- ☐ Fight
- ☐ Flight
- ☐ Freeze
- ☐ Fawn
- ☐ Shutdown

How this looked for me:

---

---

### **Step 7: My Behavior**

After the trigger, I usually:

---

---

- ☐ Avoid
- ☐ Withdraw
- ☐ Argue
- ☐ Overthink
- ☐ Shut down
- ☐ Seek reassurance
- ☐ Distract myself

My response:

---

---

### **Step 8: The Need Underneath**

Behind this reaction, I may have needed:

- ☐ Safety
- ☐ Comfort
- ☐ Understanding
- ☐ Boundaries
- ☐ Support
- ☐ Rest
- ☐ Connection

My deeper need:

---

---

### **Finding The Pause Point**

Where could I interrupt the chain?

- ☐ After noticing the trigger
- ☐ After noticing my thoughts
- ☐ After noticing my emotions
- ☐ After noticing body signals
- ☐ Before my behavior

My pause point:

---

---

---

## Creating A New Response

Instead of automatically:

---

I can try:

---

A skill that may help:

- ☐ Grounding
  - ☐ Slow breathing
  - ☐ Taking space
  - ☐ Self-compassion
  - ☐ Talking to someone safe
  - ☐ Reality checking
- 

## My Trigger Recovery Plan

When I notice this chain beginning:

**First, I will:**

---

**Then, I will:**

---

**Finally, I will:**

---

---

## Reflection

Something I learned about my triggers:

---

A pattern I recognize:

---



---

A strength I have in managing triggers:

---

---

### Therapist Notes

Trigger Chain Analysis helps clients understand that emotional reactions are not random; they often follow predictable patterns involving triggers, thoughts, emotions, body responses, and behaviors.

The goal is to increase awareness and create opportunities for regulation before reactions become overwhelming.

The focus should remain on understanding and compassion rather than judgment.

---

### Key Message

"Understanding the chain gives you more choices. Awareness creates the opportunity to respond differently."

---

### Clinical Summary

- **Tool Type:** Trigger Awareness and Behavior Pattern Analysis Exercise
- **Time:** 15–20 minutes
- **Best Used For:** Trauma recovery, emotional regulation, anxiety management, trigger identification, and coping skill development

## TOOL #90 - THE REACTION PATTERN WORKSHEET

---

### UNDERSTANDING MY AUTOMATIC RESPONSES AND BUILDING NEW CHOICES

The Reaction Pattern Worksheet helps clients identify repeated emotional and behavioral patterns that occur during stressful situations.

After trauma, the nervous system may develop automatic responses designed for protection. This tool helps clients recognize these patterns, understand their purpose, and create healthier responses.

---

### **When To Use This Tool**

Use this tool with clients experiencing:

- Trauma responses
  - Repeated emotional patterns
  - Anxiety reactions
  - Relationship difficulties
  - Emotional overwhelm
  - Difficulty controlling automatic responses
- 

### **Clinical Goals**

Help clients:

- Identify reaction patterns
  - Understand nervous system responses
  - Recognize triggers
  - Increase emotional awareness
  - Develop alternative coping strategies
- 

### **Therapist Introduction**

"Many reactions happen automatically because your brain learned ways to protect you. Understanding your patterns helps you create more choices in how you respond."

---

### **My Common Reaction Pattern**

### **A Situation That Brings Up A Strong Reaction**

---

What happened?

---

Who or what was involved?

---

---

### **My Automatic Reaction**

My first response usually is:

- ☐ I become defensive
- ☐ I withdraw
- ☐ I avoid
- ☐ I become angry
- ☐ I become anxious
- ☐ I shut down
- ☐ I try to please others
- ☐ I overthink

My reaction:

---

---

### **What Happens Inside My Mind**

The thoughts that appear:

---

The story my brain creates:

---

What I fear might happen:

---

---

### **What Happens In My Body**

My body signals:

---

- ☐ Heart racing
- ☐ Tight muscles
- ☐ Heavy feeling
- ☐ Shaking
- ☐ Numbness
- ☐ Restlessness
- ☐ Feeling disconnected

My physical response:

---

---

**The Emotion Behind The Reaction**

The strongest emotion is:

- ☐ Fear
- ☐ Anger
- ☐ Sadness
- ☐ Shame
- ☐ Guilt
- ☐ Anxiety
- ☐ Hurt

My emotion:

---

Intensity (0–10):

---

---

**Understanding My Protective Response**

My reaction may be trying to protect me from:

---

This response may have helped me in the past by:

---

---

Today, this response may create difficulties by:

---

---

**My Reaction Pattern Cycle**

**Trigger**

Something happens:

---



**Thought**

I think:

---



**Emotion**

I feel:

---



**Body Response**

My body:

---



**Reaction**

I usually:

---



**Result**

Afterward:

---

---

---

## **Finding A New Response**

Instead of automatically:

---

I can pause and:

---

A healthier response could be:

---

---

## **My Regulation Tools**

When I notice this pattern, I can use:

- ☐ Slow breathing
- ☐ Grounding
- ☐ Taking a pause
- ☐ Checking the facts
- ☐ Self-compassion
- ☐ Asking for support
- ☐ Setting boundaries

My best tool:

---

---

## **My New Response Practice**

Next time this pattern appears:

**I will notice:**

---

**I will remind myself:**

---

**I will choose:**

---

---

---

### Reflection

A pattern I understand better:

---

Something I learned about myself:

---

A strength I have in changing this pattern:

---

---

### Therapist Notes

Reaction patterns are often learned protective responses developed through past experiences.

The goal is not to judge or eliminate reactions, but to increase awareness and create more flexible responses that support safety, relationships, and emotional regulation.

---

### Key Message

"Your reactions were created for a reason. Understanding them gives you the power to choose new responses."

---

### Clinical Summary

- **Tool Type:** Reaction Awareness and Behavioral Pattern Exercise
- **Time:** 15–20 minutes
- **Best Used For:** Trauma recovery, emotional regulation, anxiety management, relationship patterns, and coping skill development

## TOOL #91 - THE TRAUMA LOOP BREAKER



### INTERRUPTING REPEATING TRAUMA PATTERNS AND CREATING NEW RESPONSES

The Trauma Loop Breaker helps clients identify repeating cycles connected to trauma responses and practice interrupting those cycles with awareness, regulation, and healthier choices.

After trauma, the brain may repeat familiar patterns involving triggers, thoughts, emotions, body reactions, and behaviors. These loops often develop as protection strategies.

This tool helps clients recognize the cycle and create a new pathway.

### When To Use This Tool

Use this tool with clients experiencing:

- Trauma response patterns
- Repeated emotional reactions
- Anxiety cycles
- Avoidance behaviors
- Relationship difficulties



- Feeling "stuck" in the same patterns
- 

## **Clinical Goals**

Help clients:

- Identify repeating trauma loops
  - Understand protective responses
  - Recognize intervention points
  - Build new coping pathways
  - Increase emotional control
- 

## **Therapist Introduction**

"Trauma can create patterns that repeat automatically. These loops were often created to protect you, but healing allows you to create new responses that better fit your life today."

---

## **My Trauma Loop**

### **Step 1: The Trigger**

What starts this pattern?

- ☐ A situation
- ☐ A memory
- ☐ A feeling
- ☐ A person
- ☐ A thought
- ☐ A body sensation

My trigger:

---

---

### **Step 2: The Automatic Thought**

---

When this happens, my brain says:

The fear underneath this thought:

**Step 3: The Emotional Response**

The emotion that appears:

- ☐ Fear
- ☐ Anger
- ☐ Sadness
- ☐ Shame
- ☐ Guilt
- ☐ Panic
- ☐ Numbness

My emotion:

Intensity (0–10):

**Step 4: The Body Response**

My body reacts by:

- ☐ Heart racing
- ☐ Tension
- ☐ Feeling frozen
- ☐ Feeling disconnected
- ☐ Restlessness
- ☐ Heavy fatigue

My body signal:

---

### Step 5: The Survival Behavior

When the loop happens, I usually:

- ☐ Avoid
- ☐ Withdraw
- ☐ Overthink
- ☐ Become defensive
- ☐ Shut down
- ☐ Seek reassurance
- ☐ Try to control the situation

My behavior:

---

---

### Step 6: The Result Of The Loop

Afterward, I usually feel:

---

The pattern creates:

---

---

### Finding My Break Point

The easiest place for me to interrupt the loop is:

- ☐ When I notice the trigger
- ☐ When I notice my thoughts
- ☐ When emotions begin rising
- ☐ When my body reacts
- ☐ Before my behavior

My break point:

---

---

## **My Loop Breaking Strategy**

### **Instead Of The Old Pattern**

I usually:

---

### **I Can Try A New Response**

I will:

---

### **A Skill That Helps Me Break The Loop**

- ☐ Grounding
- ☐ Slow breathing
- ☐ Reality checking
- ☐ Self-compassion
- ☐ Taking space
- ☐ Asking for support
- ☐ Setting boundaries

My chosen skill:

---

---

## **Creating A New Path**

### **Old Loop**

Trigger → Thought → Emotion → Body Response → Reaction

---

↓

### **New Response**

Trigger → Awareness → Regulation → Choice → Healing Action

---

---

## **My Trauma Loop Reminder**

---

When I notice the loop beginning, I can remind myself:

- "This is a pattern, not my identity."
- "I can pause before responding."
- "I have new choices today."

My personal reminder:

---

---

### **Practice Scenario**

A situation where I want to use this skill:

---

The old response:

---

The new response I want to practice:

---

---

### **Reflection**

A pattern I understand better now:

---

Where I have power to create change:

---

A strength I have developed:

---

---

### **Therapist Notes**

Trauma loops often represent learned survival patterns rather than personal failures.

The goal of this exercise is to increase awareness, identify moments of choice, and help clients develop flexible responses that support present-day safety and healing.

---

Changing a pattern happens through repeated practice, not perfection.

---

### Key Message

"You may not have chosen the pattern, but you can learn new ways to respond."

---

### Clinical Summary

- **Tool Type:** Trauma Pattern Awareness and Behavior Change Exercise
- **Time:** 15–20 minutes
- **Best Used For:** Trauma recovery, emotional regulation, anxiety cycles, behavioral patterns, and building new coping responses

## TOOL #92 - THE MEANING MAKING EXERCISE

---

### CREATING UNDERSTANDING, GROWTH, AND PERSONAL MEANING AFTER DIFFICULT EXPERIENCES

The Meaning Making Exercise helps clients explore how difficult experiences have affected their beliefs, identity, values, and understanding of life.

After trauma, people often search for answers and try to understand what their experiences mean. This tool helps clients create a personal narrative that includes pain, survival, strength, and growth.

---

### When To Use This Tool

Use this tool with clients experiencing:

- Trauma recovery
  - Life transitions
  - Grief
  - Identity changes
  - Loss of direction
  - Post-traumatic growth work
-

---

## Clinical Goals

Help clients:

- Explore personal meaning
- Understand the impact of experiences
- Identify growth and strengths
- Develop a balanced life narrative
- Reconnect with values and purpose

---

## Therapist Introduction

"Finding meaning does not mean that painful experiences were acceptable or necessary. It means creating an understanding of your experience that supports healing and the person you are becoming."

---

## My Experience

An experience that changed me:

---

What happened:

---

How this experience affected my life:

---

---

## The Meaning I Created At The Time

After this experience, I started believing:

About myself:

---

About others:

---

---

About the world:

---

About my future:

---

---

### **How My Understanding Has Changed**

Looking back now, I understand:

---

Something I see differently today:

---

Something I know now that I did not know then:

---

---

### **What This Experience Taught Me**

About myself:

---

About life:

---

About relationships:

---

About my strength:

---

---

### **Finding The Lessons Without Minimizing The Pain**

The painful part of my experience was:

---

---



The strength I developed was:

---

The support I discovered was:

---

The wisdom I gained was:

---

---

### **My Values After This Experience**

This experience helped me recognize that I value:

- ☐ Safety
- ☐ Connection
- ☐ Honesty
- ☐ Compassion
- ☐ Growth
- ☐ Courage
- ☐ Independence
- ☐ Peace

My important values:

---

---

### **Rewriting My Story**

#### **The Old Story**

The story I carried was:

---

#### **The New Understanding**

A more complete story is:

---

---

---

**Who I Am Beyond My Experience**

I am someone who:

---

My strengths are:

---

Things I want my future self to know:

---

---

**My Meaning Statement**

I choose to understand my experience as:

---

My experience has shaped me by:

---

The person I am becoming is:

---

---

**Moving Forward**

A purpose I want to build:

---

A value I want to live by:

---

One action that reflects my growth:

---

---

**Reflection**

Something I understand better now:

---

---

Something I appreciate about myself:

---

Something I want to continue creating:

---

---

### Therapist Notes

Meaning making is an important part of trauma integration and recovery.

The goal is not to force positive thinking or find a "reason" for painful experiences. Instead, this exercise helps clients develop a more complete understanding of their story that includes suffering, survival, identity, values, and future possibilities.

---

### Key Message

"Your experiences are part of your story, but you have the power to shape the meaning you carry forward."

---

### Clinical Summary

- **Tool Type:** Trauma Integration and Meaning Reconstruction Exercise
- **Time:** 15–30 minutes
- **Best Used For:** Trauma recovery, grief processing, identity rebuilding, resilience development, and post-traumatic growth

## TOOL #93 - THE HEALING STORY REWRITE TOOL

---

### TRANSFORMING MY TRAUMA STORY INTO A STORY OF STRENGTH AND RECOVERY

The Healing Story Rewrite Tool helps clients explore the story they carry about their experiences and create a more balanced narrative that includes not only what happened, but also their survival, strengths, values, and healing journey.

After trauma, people may become stuck in a story centered around fear, loss, blame, or helplessness. This tool supports the process of integrating the experience while recognizing personal growth and resilience.

---

### **When To Use This Tool**

Use this tool with clients experiencing:

- Trauma recovery
  - Identity struggles
  - Shame and self-blame
  - Loss of confidence
  - Difficulty moving forward
  - Post-traumatic growth work
- 

### **Clinical Goals**

Help clients:

- Explore their personal narrative
  - Separate identity from trauma
  - Recognize survival and strength
  - Develop a compassionate self-story
  - Build hope for the future
- 

### **Therapist Introduction**

"Trauma can influence the way we tell our story. Healing does not mean changing what happened. It means creating a fuller story that includes your experiences, your strength, and the person you are becoming."

---

### **Part 1: The Story I Have Been Carrying**

#### **The Event Or Experience**

---

What happened?

How did it affect me?

**The Story I Started Believing**

Because of this experience, I began to believe:

About myself:

About others:

About the world:

About my future:

**Part 2: The Impact Of The Experience**

**How This Changed Me**

Emotionally:

Physically:

In relationships:

In how I see myself:

**Part 3: Recognizing My Survival**

**What Helped Me Get Through**

Things I did to survive:

---

Ways I protected myself:

---

People or resources that supported me:

---

---

**Part 4: Finding The Missing Parts Of My Story**

My story also includes:

**My Strengths**

I showed strength when:

---

**My Courage**

I was brave when:

---

**My Growth**

I learned:

---

---

**Part 5: Challenging The Old Story**

**The Old Story Says**

"I am \_\_\_\_\_"

"My experience means \_\_\_\_\_"

"I will always \_\_\_\_\_"

---

---

## **A More Complete Story Says**

"I experienced \_\_\_\_\_"

"But I also \_\_\_\_\_"

"Today I understand \_\_\_\_\_"

---

## **Part 6: Writing My Healing Story**

### **Beginning: What Happened**

My experience was:

---

### **Middle: How I Survived**

I responded by:

---

I found strength through:

---

### **Future: Who I Am Becoming**

I am creating:

---

I want my life to represent:

---

---

### **My Healing Story Statement**

"Something painful happened to me, but it does not define all of who I am."

"My story includes:

---

"I am becoming someone who:

---

**Part 7: My New Identity**

Beyond my trauma, I am:

---

My values are:

---

My strengths are:

---

The qualities I want to continue developing:

---

---

**My Future Chapter**

The next chapter of my story will include:

---

A goal I want to move toward:

---

A promise I make to myself:

---

---

**Reflection**

Something I see differently now:

---

Something I appreciate about myself:

---

Something I want to remember during difficult moments:

---

---

**Therapist Notes**

---



The Healing Story Rewrite Tool supports trauma integration by helping clients develop a narrative that includes both the reality of their experience and their capacity for survival and growth.

The goal is not to create a positive version of trauma or dismiss pain. The goal is to help clients move from a story defined only by what happened to a story that also recognizes identity, strength, values, and healing.

---

**Key Message**

"Your trauma is part of your story, but it is not the entire story."

---

**Clinical Summary**

- **Tool Type:** Trauma Narrative Integration and Identity Reconstruction Exercise
- **Time:** 20–30 minutes
- **Best Used For:** Trauma recovery, self-compassion, identity rebuilding, resilience development, and meaning reconstruction

**TOOL #94 - THE STRENGTH AFTER TRAUMA INVENTORY**

---

RECOGNIZING THE STRENGTHS, SKILLS, AND GROWTH DEVELOPED THROUGH MY HEALING JOURNEY

The Strength After Trauma Inventory helps clients identify personal strengths, coping abilities, and positive changes that have developed through difficult experiences.

Trauma can create pain and challenges, but many people also discover resilience, courage, wisdom, compassion, and new abilities while moving through recovery.

This tool helps clients recognize the parts of themselves that survived, adapted, and continue to grow.

---

**When To Use This Tool**

Use this tool with clients experiencing:

---

- Trauma recovery
  - Identity rebuilding
  - Low self-worth
  - Difficulty recognizing personal strengths
  - Life transitions
  - Post-traumatic growth work
- 

## **Clinical Goals**

Help clients:

- Recognize personal resilience
  - Identify survival strengths
  - Increase self-confidence
  - Build a balanced self-image
  - Connect with personal growth
- 

## **Therapist Introduction**

"Trauma can impact the way we see ourselves. Sometimes we focus only on what was lost or what was difficult. This exercise helps you recognize the strength, skills, and qualities that have developed along your journey."

---

## **Part 1: My Survival Strengths**

### **What Helped Me Get Through Difficult Times?**

Things I did to survive:

---

Ways I protected myself:

---

Skills I used during challenges:

---

---

---

## Part 2: The Strengths I Developed

### I Became More:

- ☐ Resilient
- ☐ Patient
- ☐ Compassionate
- ☐ Strong
- ☐ Courageous
- ☐ Independent
- ☐ Understanding
- ☐ Adaptable

Other strengths:

---

---

## Part 3: My Personal Qualities

Qualities I appreciate about myself:

---

Things others recognize in me:

---

Something I have always carried inside me:

---

---

## Part 4: Challenges I Have Overcome

A difficult moment I survived:

---

What helped me continue:

---

---

What this shows about me:

---

---

**Part 5: My Emotional Strength**

A time I handled strong emotions:

---

A coping skill I learned:

---

A healthier way I respond today:

---

---

**Part 6: My Relationship Strengths**

Because of my experiences, I understand the importance of:

- ☐ Trust
- ☐ Communication
- ☐ Boundaries
- ☐ Compassion
- ☐ Honesty
- ☐ Connection

How this has changed me:

---

---

**Part 7: The Strength Hidden In My Story**

Something difficult taught me:

---

A strength I discovered:

---

A part of myself I value more now:

---

---

---

## **Part 8: My Resilience Inventory**

**I Have Survived:**

---

**I Have Learned:**

---

**I Have Built:**

---

**I Am Becoming:**

---

### **My Strength Statement**

Complete the sentences:

"I am someone who..."

---

"I have overcome..."

---

"I can trust myself to..."

---

"I am proud that I..."

---

### **My Future Strength Practice**

I want to continue developing:

---

A strength I want to use more:

---

One action that honors my growth:

---

---

**Reflection**

Something new I recognize about myself:

---

A strength I used to overlook:

---

Something I appreciate about my journey:

---

---

**Therapist Notes**

The Strength After Trauma Inventory supports a balanced view of recovery by helping clients recognize resilience alongside pain.

The goal is not to suggest that trauma was beneficial or necessary. Instead, this exercise helps clients acknowledge their capacity to adapt, survive, and continue growing despite difficult experiences.

---

**Key Message**

"Your experiences may have shaped you, but your strength shows what you are capable of becoming."

---

**Clinical Summary**

- **Tool Type:** Resilience and Post-Traumatic Growth Exercise
- **Time:** 15–20 minutes
- **Best Used For:** Trauma recovery, identity rebuilding, self-worth development, resilience building, and healing integration

## TOOL #95 - THE SURVIVAL SKILLS RECOGNITION WORKSHEET

---

### RECOGNIZING THE ABILITIES, STRATEGIES, AND STRENGTHS THAT HELPED ME SURVIVE

The Survival Skills Recognition Worksheet helps clients identify the coping strategies, adaptive responses, and personal abilities they developed while navigating difficult experiences.

During challenging situations, people often develop skills that help them survive, protect themselves, and continue moving forward. Some of these skills may have become automatic and may not always be recognized as strengths.

This tool helps clients acknowledge their resilience and understand the abilities they already carry.

---

### When To Use This Tool

Use this tool with clients experiencing:

- Trauma recovery
  - Low self-esteem
  - Shame or self-criticism
  - Identity rebuilding
  - Difficulty recognizing personal strengths
  - Recovery from difficult life experiences
- 

### Clinical Goals

Help clients:

- Recognize survival abilities
  - Identify adaptive coping strategies
  - Develop self-respect and compassion
  - Understand protective behaviors
-

- Build confidence in personal strengths
- 

### **Therapist Introduction**

"Many of the things you learned to do during difficult experiences were attempts to protect yourself and survive. This exercise helps you recognize those abilities and understand how they have supported you."

---

### **Part 1: My Survival Story**

A difficult experience I moved through:

---

What challenges did I face?

---

What helped me continue?

---

---

### **Part 2: The Skills I Used To Survive**

#### **I Learned How To:**

- ☐ Stay alert and aware
- ☐ Adapt to changes
- ☐ Solve problems
- ☐ Keep going during difficult times
- ☐ Protect myself
- ☐ Find ways to cope
- ☐ Read situations and people
- ☐ Ask for help when needed

Other skills:

---

---

### **Part 3: My Protective Skills**

---



Ways I protected myself:

---

Ways I created safety:

---

Ways I handled difficult emotions:

---

---

**Part 4: My Coping Abilities**

When things were difficult, I used:

- ☐ Creativity
- ☐ Humor
- ☐ Planning
- ☐ Patience
- ☐ Determination
- ☐ Independence
- ☐ Hope
- ☐ Connection with others

My coping strengths:

---

---

**Part 5: Skills I Developed From Challenges**

A challenge taught me:

---

Because of this, I developed:

---

A skill I have today because of my experiences:

---

---

---

**Part 6: Looking At My Survival Responses With Compassion**

A response I used to judge myself for:

---

How this response may have helped protect me:

---

What I understand about myself now:

---

---

**Part 7: My Hidden Strengths**

Something I did that shows courage:

---

Something I did that shows resilience:

---

Something I did that shows emotional strength:

---

---

**Part 8: Skills I Want To Keep**

A survival skill that still helps me today:

---

A skill I want to strengthen:

---

A skill I want to use in healthier ways:

---

---

**Part 9: Transforming Survival Into Growth**

**Before**

This skill helped me survive by:

---

---

## **Today**

This skill can help me grow by:

---

## **My Survival Strength Statement**

Complete the sentences:

"I survived by..."

"I learned that I am capable of..."

"I can trust myself because..."

"My strengths include..."

---

## **My Future Strength Plan**

A strength I want to practice more:

A situation where I can use this strength:

One way I will support myself:

---

## **Reflection**

A survival skill I recognize now:

Something I appreciate about myself:

---

A strength I want to remember:

---

---

**Therapist Notes**

Survival skills are often developed in response to difficult circumstances. Some protective behaviors that were useful in the past may need adjustment when circumstances change, but the abilities behind them can represent important strengths.

The goal of this worksheet is not to romanticize trauma, but to help clients recognize their adaptability, resilience, and capacity for growth.

---

**Key Message**

"The skills that helped you survive are evidence of your strength, adaptability, and ability to keep going."

---

**Clinical Summary**

- **Tool Type:** Survival Strength Recognition and Resilience Exercise
- **Time:** 15–20 minutes
- **Best Used For:** Trauma recovery, self-compassion, resilience building, identity reconstruction, and recognizing personal strengths

**TOOL #96 - THE POST-TRAUMATIC GROWTH MAP**



---

## MAPPING MY GROWTH, STRENGTH, AND TRANSFORMATION AFTER DIFFICULT EXPERIENCES

The Post-Traumatic Growth Map helps clients explore positive changes, personal development, and new perspectives that may emerge during the healing process.

This tool does not suggest that trauma was beneficial or necessary. Instead, it helps clients recognize the ways they have adapted, grown, developed strengths, and created meaning while moving forward.

---

### When To Use This Tool

Use this tool with clients experiencing:

- Trauma recovery
- Identity rebuilding
- Personal growth

- Life transitions
  - Resilience development
  - Meaning reconstruction
- 

## **Clinical Goals**

Help clients:

- Recognize areas of personal growth
  - Identify strengths developed through recovery
  - Build a more balanced self-story
  - Connect experiences with values and purpose
  - Strengthen hope for the future
- 

## **Therapist Introduction**

"Growth after difficult experiences does not mean the experience was acceptable or wanted. It means recognizing the ways you have adapted, learned, and developed strength while continuing your healing journey."

---

## **Part 1: My Experience And Its Impact**

### **A Difficult Experience That Changed Me**

The experience I want to reflect on:

---

How it affected my life:

---

How it changed the way I saw myself:

---

---

## **Part 2: My Growth Journey Map**

---

**Before The Experience**

Before this experience, I believed:

About myself:

---

About life:

---

About my future:

---

---

**During The Experience**

I learned to:

---

I discovered:

---

I relied on:

---

---

**After The Experience**

Today, I understand:

---

Today, I value:

---

Today, I am building:

---

---

**Part 3: Areas Of Growth**

**1. Personal Strength**

---

I discovered I am capable of:

---

A strength I developed:

---

---

**2. Relationships**

This experience changed how I connect with others by:

---

I now value:

---

---

**3. Appreciation For Life**

Something I appreciate more today:

---

Something meaningful to me now:

---

---

**4. New Possibilities**

Something new I want to create:

---

A direction I want to explore:

---

---

**5. Spiritual Or Personal Understanding**

A belief or value that became stronger:

---

Something I understand differently now:

---



---

---

**Part 4: My Resilience Path**

**Challenges I Faced**

---



**Skills I Developed**

---



**Strengths I Discovered**

---



**The Person I Am Becoming**

---

---

**Part 5: My New Perspective**

A belief I changed:

Before:

---

Now:

---

---

Something I no longer carry the same way:

---

Something I choose to carry forward:

---

---

**Part 6: My Growth Strengths**

The qualities I developed:

- ☐ Courage
- ☐ Patience
- ☐ Compassion
- ☐ Resilience
- ☐ Awareness
- ☐ Boundaries
- ☐ Confidence
- ☐ Empathy
- ☐ Independence

Other strengths:

---

---

**Part 7: My Future Growth Direction**

The person I want to continue becoming:

---

A value I want to live by:

---

A goal connected to my growth:

---

---

**My Post-Traumatic Growth Statement**

Complete the sentence:

"My experience changed me by..."

---

"I discovered strength through..."

---

"I want my future to reflect..."

---

---

### Reflection

A change I am proud of:

---

---

A strength I recognize now:

---

---

Something hopeful I see ahead:

---

---

### Therapist Notes

Post-traumatic growth refers to positive psychological changes that some individuals experience after struggling with highly challenging circumstances.

This process is personal and does not happen for everyone. The goal of this exercise is not to search for a positive meaning before someone is ready, but to help clients recognize resilience, personal development, and changes that may have emerged during recovery.

---

### Key Message

"Growth does not erase what happened. It recognizes the strength, wisdom, and resilience you built while moving forward."

---

### Clinical Summary

- **Tool Type:** Post-Traumatic Growth and Resilience Reflection Exercise
  - **Time:** 20–30 minutes
  - **Best Used For:** Trauma recovery, identity rebuilding, resilience development, meaning making, and personal growth
-

## TOOL #97 - THE RECOVERY IDENTITY EXERCISE

### REBUILDING MY SENSE OF SELF BEYOND MY TRAUMA EXPERIENCE

The Recovery Identity Exercise helps clients explore who they are beyond their difficult experiences and reconnect with their values, strengths, interests, and personal identity.

After trauma, some people begin to define themselves primarily through what happened to them. This tool creates space to discover a more complete identity that includes the past but is not limited to it.

---

#### When To Use This Tool

Use this tool with clients experiencing:

- Trauma recovery
- Identity changes after difficult experiences
- Loss of confidence
- Shame or self-blame
- Major life transitions
- Personal growth and rebuilding

---

#### Clinical Goals

Help clients:

- Separate identity from trauma
- Reconnect with personal strengths
- Explore values and beliefs
- Build a healthier self-concept
- Create a vision for the future

---

#### Therapist Introduction

"Trauma can influence how we see ourselves, but it does not define the whole person we are. This exercise helps you reconnect with the many parts of yourself that exist beyond your experiences."

---

**Part 1: How I Have Seen Myself**

**Before Healing, I Often Described Myself As**

---

**Because Of My Experiences, I Started Believing**

About myself:

---

About my abilities:

---

About my future:

---

---

**Part 2: Who I Am Beyond What Happened**

Complete the sentences:

I am someone who:

---

I care deeply about:

---

Things that make me feel like myself:

---

Parts of myself I want to reconnect with:

---

---

**Part 3: My Core Identity**

---

**My Values**

The things that matter most to me:

- ☐ Kindness
- ☐ Honesty
- ☐ Growth
- ☐ Family
- ☐ Creativity
- ☐ Courage
- ☐ Freedom
- ☐ Compassion
- ☐ Learning
- ☐ Connection

My important values:

---

---

**Part 4: My Personal Strengths**

Strengths I already have:

- ☐ Resilience
- ☐ Patience
- ☐ Empathy
- ☐ Determination
- ☐ Creativity
- ☐ Problem-solving
- ☐ Courage
- ☐ Adaptability

Other strengths:

---

---

**Part 5: The Parts Of Me That Survived**

A difficult moment I overcame:

---

---

What this shows about me:

---

A quality that helped me survive:

---

---

### **Part 6: The Parts Of Me That Are Growing**

A part of myself I am developing:

---

A skill I am learning:

---

A belief I want to strengthen:

---

---

### **Part 7: Releasing An Old Identity**

An identity I no longer want to carry:

"I am someone who..."

---

A more compassionate belief:

"I am someone who..."

---

---

### **Part 8: Creating My Recovery Identity**

**I Am Becoming Someone Who:**

---

**I Want To Be Known For:**

---

---

**The Life I Am Building Includes:**

---

---

**My Recovery Identity Statement**

Complete:

"I am not only my experiences. I am also..."

---

"My story includes challenges, but it also includes..."

---

"Today, I choose to see myself as..."

---

---

**Part 9: My Future Self**

The person I want to become:

---

The qualities I want to strengthen:

---

One action that supports my future identity:

---

---

**Reflection**

Something new I discovered about myself:

---

Something I appreciate about who I am:

---

A part of myself I want to honor:

---

---



---

### Therapist Notes

The Recovery Identity Exercise supports identity reconstruction after trauma by helping clients recognize that their experiences are only one part of their story.

Trauma can affect self-perception, but recovery involves reconnecting with personal values, strengths, relationships, interests, and future goals.

The goal is not to erase the past, but to create a more complete and compassionate understanding of the self.

---

### Key Message

"Your experiences are part of your story, but they are not the definition of who you are."

---

### Clinical Summary

- **Tool Type:** Identity Reconstruction and Trauma Recovery Exercise
- **Time:** 15–25 minutes
- **Best Used For:** Trauma recovery, self-worth development, identity rebuilding, resilience work, and personal growth

## TOOL #98 - THE NEW SELF NARRATIVE TOOL

---

### CREATING A HEALING STORY ABOUT WHO I AM BECOMING

The New Self Narrative Tool helps clients create a more balanced and empowering understanding of themselves after difficult experiences.

Trauma can influence the way people describe themselves, sometimes creating stories centered around fear, loss, shame, or survival. This tool helps clients recognize their past while developing a new narrative based on strengths, values, growth, and future possibilities.

---

### When To Use This Tool

Use this tool with clients experiencing:

- Trauma recovery
  - Identity rebuilding
  - Low self-worth
  - Shame and self-blame
  - Major life changes
  - Personal growth and healing
- 

### **Clinical Goals**

Help clients:

- Develop a healthier self-story
  - Separate identity from trauma experiences
  - Recognize personal strengths
  - Build self-compassion
  - Create a vision for the future
- 

### **Therapist Introduction**

"The stories we tell ourselves shape how we see who we are. Healing does not mean changing the past. It means creating a fuller story that includes your experiences, your strength, and the person you are becoming."

---

### **Part 1: The Story I Used To Tell Myself**

#### **Before My Healing Journey, I Believed**

I was someone who:

---

My experiences meant:

---

My future would be:

---

---

**Part 2: The Impact Of My Experiences**

**What Happened Changed:**

The way I saw myself:

---

The way I viewed others:

---

The way I understood life:

---

---

**Part 3: Recognizing My Old Survival Story**

A belief I carried:

"I am \_\_\_\_\_"

---

A fear I carried:

"I will never \_\_\_\_\_"

---

A limitation I believed:

"I cannot \_\_\_\_\_"

---

---

**Part 4: Discovering The Missing Pieces**

My old story did not include:

---

- ☐ My courage
- ☐ My resilience
- ☐ My growth
- ☐ My kindness
- ☐ My abilities
- ☐ My progress
- ☐ My hopes

The parts of myself I want to recognize:

---

---

**Part 5: My New Self Narrative**

**I Am Someone Who...**

---

**I Have Learned...**

---

**I Have Strength In...**

---

**I Value...**

---

**I Am Becoming...**

---

---

**Part 6: Rewriting My Identity**

**Old Narrative**

"I am someone who..."

---

**New Narrative**

"I am someone who..."

---

---

---

### Part 7: My Strength-Based Story

Complete the sentences:

"I survived difficult moments by..."

---

---

"I discovered that I am capable of..."

---

"I respect myself because..."

---

"I want my future to reflect..."

---

---

### Part 8: The Person I Am Becoming

The qualities I want to strengthen:

- ☐ Confidence
- ☐ Compassion
- ☐ Courage
- ☐ Patience
- ☐ Self-respect
- ☐ Emotional balance
- ☐ Connection
- ☐ Hope

My chosen qualities:

---

---

### Part 9: My Future Chapter

The next chapter of my life is about:

---

---

I want to create:

---

A step I can take toward this future:

---

---

### **My New Self Statement**

Complete:

"I am no longer defined only by \_\_\_\_\_."

---

"My experiences have shaped me, but they do not limit me because \_\_\_\_\_."

---

"Today, I choose to see myself as \_\_\_\_\_."

---

---

### **Reflection**

The biggest change in how I see myself:

---

Something I now believe about myself:

---

A part of myself I want to continue honoring:

---

---

### **Therapist Notes**

The New Self Narrative Tool supports identity reconstruction by helping clients move from a trauma-centered identity toward a more complete understanding of themselves.

---

The goal is not to deny painful experiences or force positivity. Instead, it encourages integration: recognizing what happened while also recognizing survival, strengths, values, and future possibilities.

A healing narrative includes both the difficult chapters and the person's ability to continue growing beyond them.

---

### Key Message

"Your past is part of your story, but you are still the author of what comes next."

---

### Clinical Summary

- **Tool Type:** Identity Reconstruction and Healing Narrative Exercise
- **Time:** 20–30 minutes
- **Best Used For:** Trauma recovery, self-concept rebuilding, resilience development, self-compassion, and personal growth

### TOOL #99 - THE TRAUMA INTEGRATION WORKSHEET



---

## BRINGING TOGETHER MY EXPERIENCES, EMOTIONS, STRENGTHS, AND HEALING PROCESS

The Trauma Integration Worksheet helps clients process difficult experiences by connecting different parts of their healing journey: what happened, how it affected them, what they learned, and how they are moving forward.

Trauma can sometimes feel like a disconnected collection of memories, emotions, body sensations, and beliefs. Integration means creating a more complete understanding of the experience while recognizing personal strength, survival, and growth.

---

### When To Use This Tool

Use this tool with clients experiencing:

- Trauma recovery
  - Emotional processing
  - Identity rebuilding
  - Meaning reconstruction
  - Difficult memories
  - Healing transitions
- 

### Clinical Goals

Help clients:

- Organize their trauma experience
  - Connect thoughts, emotions, and body responses
  - Develop a balanced perspective
  - Reduce shame and self-blame
  - Strengthen healing and self-understanding
- 

### Therapist Introduction

---



"Integration means bringing together the different parts of your experience so they no longer feel disconnected or overwhelming. This does not mean forgetting what happened. It means understanding your story with greater compassion and awareness."

---

**Part 1: Understanding My Experience**

**The Experience I Want To Reflect On**

What happened?

---

When did this happen?

---

How did this experience affect my life?

---

---

**Part 2: The Different Parts Of My Experience**

**What Happened**

The facts of my experience:

---

**What I Felt**

My emotions at the time:

---

**What My Body Experienced**

My physical responses:

---

**What I Believed**

The beliefs I developed:

---

---

**Part 3: Understanding My Responses**

**My Survival Response Was**

- ☐ Fight
- ☐ Flight
- ☐ Freeze
- ☐ Fawn
- ☐ Shutdown

How this response protected me:

---

---

**Part 4: The Impact On My Life**

This experience affected:

**My Emotions**

---

**My Relationships**

---

**My Sense Of Safety**

---

**My View Of Myself**

---

---

**Part 5: Connecting The Pieces**

**My Thoughts**

I noticed I often think:

---

**My Feelings**

I often feel:

---

---

**My Body**

My body responds by:

---

**My Actions**

I usually respond by:

---

---

**Part 6: Separating The Past From The Present****What Belonged To The Past**

---

**What Is True In The Present**

---

**What I Need To Remind Myself Today**

---

---

**Part 7: Releasing What No Longer Serves Me**

A belief I want to let go of:

---

A fear I want to soften:

---

A burden I no longer want to carry:

---

---

**Part 8: Recognizing My Strength**

Through this experience, I discovered:

**My Strengths**

---

---

**My Coping Abilities**

---

**My Growth**

---

**My Resilience**

---

---

**Part 9: Creating A Balanced Understanding**

**My Experience Was Painful Because**

---

**My Experience Taught Me**

---

**My Experience Does Not Define Me Because**

---

---

**Part 10: My Integrated Healing Statement**

Complete:

"I acknowledge that..."

---

"I understand that..."

---

"I choose to move forward by..."

---

"I want to remember that I am..."

---

---

## My Healing Integration Plan

When difficult emotions return, I can:

- ☐ Ground myself
- ☐ Remind myself of the present moment
- ☐ Practice self-compassion
- ☐ Use my coping skills
- ☐ Reach out for support

My personal plan:

---

---

## Reflection

Something I understand more clearly now:

---

Something I have accepted:

---

---

Something I am proud of in my healing journey:

---

---

## Therapist Notes

Trauma integration is the process of developing a more organized and compassionate understanding of difficult experiences.

The goal is not to erase memories or force acceptance before a person is ready. Instead, integration allows clients to acknowledge what happened while reconnecting with their present identity, strengths, values, and future.

---

## Key Message

"Integration means making space for your story without allowing it to control your entire identity."

---

---

Clinical Summary

- **Tool Type:** Trauma Processing and Integration Exercise
- **Time:** 20–30 minutes
- **Best Used For:** Trauma recovery, emotional processing, identity rebuilding, meaning making, and healing integration

TOOL #100 - THE EMOTIONAL COMPLETION EXERCISE

PROCESSING UNFINISHED EMOTIONS AND CREATING EMOTIONAL CLOSURE

The Emotional Completion Exercise helps you explore emotions, thoughts, and experiences that may still feel unresolved.

Sometimes difficult experiences leave behind feelings that were never fully expressed or understood. This tool helps you acknowledge those emotions, give yourself compassion, and create a sense of completion.

Emotional completion does not mean forgetting what happened. It means making peace with your experience and choosing how you want to move forward.

The Experience I Still Carry

An experience that still affects me:

What happened?

Why does this still feel unfinished?

The Emotions I Carry

The emotions connected to this experience:

- ☐ Anger
- ☐ Sadness
- ☐ Fear
- ☐ Hurt
- ☐ Guilt
- ☐ Shame
- ☐ Grief
- ☐ Disappointment

The strongest emotion I feel is:

---

---

### **What I Needed At That Time**

During this experience, I needed:

- ☐ Safety
- ☐ Support
- ☐ Understanding
- ☐ Validation
- ☐ Protection
- ☐ Love
- ☐ Respect

What I needed most:

---

---

### **What Was Left Unsaid**

Something I wish I could have said:

---

Something I wanted others to understand:

---

Something I needed to express:

---

---

---

### **Giving My Emotion A Voice**

If this emotion could speak, it would say:

"I feel..."

---

---

"I needed..."

---

"I want you to know..."

---

---

### **Showing Myself Compassion**

What I went through was difficult because:

---

My feelings make sense because:

---

A kind message I want to give myself:

---

---

### **What I Am Ready To Release**

A feeling I no longer want to carry:

---

A belief I want to let go of:

---

A burden that was not mine to hold:

---

---

---



**Creating My Completion Statement**

I acknowledge that:

---

I accept that:

---

I choose to move forward by:

---

---

**My Healing Reflection**

Something I understand better now:

---

Something I was able to let go of:

---

Something I want to remember:

---

---

**Key Message**

"Unfinished emotions need compassion, understanding, and space to be heard."

---

**Clinical Summary**

- **Tool Type:** Emotional Processing & Healing Exercise  
**Time:** 15–20 minutes  
**Best Used For:** Emotional release, trauma recovery, grief, self-compassion, and personal growth

---

---

## BUILDING A HEALTHIER RELATIONSHIP WITH MY EXPERIENCES AND EMOTIONS

The Acceptance Practice Guide helps you explore the difference between acceptance and giving up.

Acceptance does not mean approving of painful experiences, forgetting what happened, or saying something was okay. It means acknowledging reality, allowing emotions to exist, and choosing how you want to move forward.

This tool helps you practice self-compassion, emotional flexibility, and peace with what cannot be changed.

---

### What Am I Struggling To Accept?

Something I continue to struggle with:

---

A situation that feels difficult to accept:

---

A feeling I often fight against:

---

---

### Understanding My Resistance

I find this difficult to accept because:

- ☐ It feels unfair
- ☐ It still hurts
- ☐ I wish things were different
- ☐ I feel angry
- ☐ I feel afraid
- ☐ I feel stuck

My reason:

---

---

## Acceptance vs. Giving Up

Acceptance means:

- ☐ Recognizing reality
- ☐ Allowing my emotions
- ☐ Being kind to myself
- ☐ Focusing on what I can control
- ☐ Choosing my next step

Acceptance does not mean:

- ☐ Saying what happened was okay
  - ☐ Forgetting my experience
  - ☐ Ignoring my feelings
  - ☐ Allowing people to hurt me
  - ☐ Giving up on healing
- 

## Acknowledging My Experience

What happened:

---

How it affected me:

---

What I feel about it:

---

---

## Making Space For My Emotions

An emotion I have been avoiding:

---

This emotion may be trying to tell me:

---

I can support myself by:

---

---

---

## Accepting Myself

A part of myself I struggle with:

---

A judgment I often place on myself:

---

A kinder way to see myself:

---

---

## What I Can And Cannot Control

### Things I Cannot Change

---

### Things I Can Influence

---

The energy I want to focus on:

---

---

## My Acceptance Practice

When difficult emotions appear, I can:

### Pause

I notice:

---

### Allow

I can make space for:

---

### Support

---

I can care for myself by:

---

**Choose**

My next helpful step is:

---

---

**My Acceptance Statement**

I accept that:

---

I can honor my feelings while moving forward because:

---

I cannot change the past, but I can:

---

I choose to treat myself with:

---

---

**Reflection**

Something I understand differently now:

---

Something I am learning to accept:

---

Something I want to release:

---

Something I choose to embrace:

---

---

**Key Message**

---

"Acceptance is not giving up. It is creating peace with what is while choosing what comes next."

---

Clinical Summary

- **Tool Type:** Acceptance & Emotional Healing Exercise
- **Time:** 15–20 minutes
- **Best Used For:** Trauma recovery, emotional regulation, self-compassion, grief processing, and personal growth

TOOL #102 - THE FORGIVENESS EXPLORATION TOOL

---

EXPLORING FORGIVENESS, HEALING, AND EMOTIONAL FREEDOM

The Forgiveness Exploration Tool helps you explore your feelings about forgiveness after painful experiences.

Forgiveness does not mean forgetting what happened, accepting harmful behavior, or allowing someone to hurt you again. It is a personal process that may help you release emotional weight, understand your experience, and move forward with greater peace.

---

The Experience I Am Reflecting On

A person, situation, or experience I want to explore:

---

What happened?

---

How did this affect me?

---

The Emotions I Carry

The emotions connected to this experience:

---

- ☐ Anger
- ☐ Sadness
- ☐ Hurt
- ☐ Betrayal
- ☐ Disappointment
- ☐ Grief
- ☐ Resentment
- ☐ Confusion

The strongest emotion I feel is:

---

---

### **What I Needed**

During this experience, I needed:

- ☐ Respect
- ☐ Safety
- ☐ Honesty
- ☐ Support
- ☐ Understanding
- ☐ Accountability
- ☐ Validation

What I needed most:

---

---

### **Understanding Forgiveness**

Forgiveness means to me:

---

I used to believe forgiveness meant:

---

A healthier understanding of forgiveness:

---

---

---

### **What Forgiveness Is Not**

Forgiveness does not mean:

- ☐ Forgetting what happened
- ☐ Saying the pain was okay
- ☐ Removing healthy boundaries
- ☐ Trusting someone who is unsafe
- ☐ Ignoring my feelings

What I want to remember:

---

---

### **Exploring My Readiness**

When I think about forgiveness, I feel:

- ☐ Ready
- ☐ Unsure
- ☐ Resistant
- ☐ Not ready yet
- ☐ Curious about healing

Why I feel this way:

---

---

### **Releasing Emotional Weight**

The pain I continue carrying:

---

Something I want to release:

---

Something I want to stop blaming myself for:

---



---

---

### **Self-Forgiveness**

Something I struggle to forgive myself for:

---

What I understand now:

---

A compassionate message to myself:

---

### **Moving Forward**

A lesson I take from this experience:

---

A boundary I want to maintain:

---

A choice that supports my healing:

---

---

### **My Forgiveness Statement**

I acknowledge that:

---

I honor my feelings by:

---

I choose to release:

---

I choose to move forward by:

---

---

---

### Reflection

Something I learned about forgiveness:

---

Something I am ready to let go of:

---

Something I want to continue healing:

---

### Key Message

**"Forgiveness is not about changing the past. It is about choosing how you carry your future."**

---

### Clinical Summary

- **Tool Type:** Forgiveness & Emotional Healing Exercise
- **Time:** 15–20 minutes
- **Best Used For:** Trauma recovery, emotional release, self-compassion, relationship healing, and personal growth

## TOOL #103 - THE BOUNDARY REPAIR WORKSHEET

---

### REBUILDING HEALTHY BOUNDARIES AND PROTECTING MY EMOTIONAL SAFETY

The Boundary Repair Worksheet helps you understand, rebuild, and strengthen your personal boundaries.

After difficult experiences, people may struggle with saying no, expressing needs, protecting their time, or trusting their own feelings. This tool helps you recognize your limits and create healthier ways of relating to yourself and others.

---

## Understanding My Boundaries

A healthy boundary means:

---

Boundaries help me:

---

Growing up, I learned boundaries were:

---

---

## A Time My Boundary Was Crossed

A situation where I felt my boundary was ignored:

---

What happened?

---

How did it make me feel?

---

---

## My Emotional Response

When my boundary was crossed, I felt:

- ☐ Angry
- ☐ Hurt
- ☐ Afraid
- ☐ Guilty
- ☐ Confused
- ☐ Powerless
- ☐ Disrespected

The strongest feeling was:

---

---

---

## What I Needed

In that moment, I needed:

- ☐ Respect
- ☐ Space
- ☐ Safety
- ☐ Understanding
- ☐ Choice
- ☐ Support
- ☐ Privacy

What I needed most:

---

---

## My Boundary Patterns

When my boundaries are challenged, I usually:

- ☐ Stay silent
- ☐ Say yes when I mean no
- ☐ Avoid conflict
- ☐ Feel guilty
- ☐ Over-explain myself
- ☐ Become defensive
- ☐ Pull away

My common pattern:

---

---

## The Boundary I Need To Repair

A boundary I need to strengthen:

---

---

This boundary matters because:

---

---

I have the right to:

---

---

**Creating My Healthy Boundary**

The situation:

---

My need:

---

My boundary statement:

"I need \_\_\_\_\_."

"I am comfortable with \_\_\_\_\_."

"I am not available for \_\_\_\_\_."

---

**Releasing Boundary Guilt**

I feel guilty setting boundaries because:

---

The belief I want to change:

---

A healthier belief:

"My needs matter because \_\_\_\_\_."

---

**Protecting My Boundaries**

When someone does not respect my boundary, I can:

- ☐ Communicate clearly
- ☐ Repeat my boundary
- ☐ Create distance
- ☐ Ask for support
- ☐ Protect my well-being

My action plan:

---

---

**My Boundary Repair Statement**

I am allowed to:

---

I deserve relationships where:

---

I will protect myself by:

---

---

**Reflection**

Something I learned about my boundaries:

---

A boundary I want to practice:

---

Something I want to remember:

---

---

**Key Message**

**"Healthy boundaries are not rejection. They are a way of protecting your peace, needs, and well-being."**

---

---

**Clinical Summary**

- **Tool Type:** Boundary Awareness & Self-Protection Exercise
- **Time:** 15–20 minutes
- **Best Used For:** Trauma recovery, relationship healing, self-worth, assertiveness, emotional safety, and personal growth

**TOOL #104 - THE TRUST REBUILDING EXERCISE**



---

**REBUILDING TRUST IN MYSELF AND OTHERS**

The Trust Rebuilding Exercise helps you explore how trust has been affected by painful experiences and begin rebuilding a healthier relationship with trust.

After betrayal, trauma, or difficult relationships, trust can become challenging. You may struggle to trust others, your own decisions, or your ability to recognize what feels safe.

This tool helps you rebuild trust slowly through awareness, boundaries, and self-confidence.

---

**My Experience With Trust**

A situation that affected my ability to trust:

---

What happened?

---

How did it change the way I see trust?

---

---

**How Trust Was Affected**

After this experience, I started believing:

About myself:

---

About other people:

---

About relationships:

---

---

**My Trust Wounds**

The hardest part of losing trust was:

- ☐ Feeling betrayed
- ☐ Feeling unsafe
- ☐ Feeling disappointed
- ☐ Feeling rejected
- ☐ Feeling misunderstood
- ☐ Feeling alone

The part that hurt the most:

---

---

**My Current Trust Patterns**

When I feel unsure about someone, I usually:

---



- ☐ Pull away
- ☐ Become guarded
- ☐ Overthink situations
- ☐ Need reassurance
- ☐ Avoid vulnerability
- ☐ Ignore warning signs

My pattern:

---

---

### **Rebuilding Trust In Myself**

I can trust myself because:

---

A decision I made that I am proud of:

---

A time when I listened to my instincts:

---

---

### **What Healthy Trust Looks Like**

A trustworthy person:

- ☐ Respects my boundaries
- ☐ Communicates honestly
- ☐ Keeps their word
- ☐ Takes responsibility
- ☐ Makes me feel safe
- ☐ Respects my feelings

A relationship feels safe when:

---

---

### **Taking Small Trust Steps**

---

A small step toward rebuilding trust:

---

Someone I feel safe practicing trust with:

---

A healthy risk I am willing to take:

---

---

**My Trust Boundaries**

I need others to:

---

I will no longer accept:

---

I can protect myself by:

---

---

**My Trust Rebuilding Plan**

When I feel afraid to trust, I can:

- ☐ Pause and reflect
- ☐ Listen to my intuition
- ☐ Communicate my needs
- ☐ Practice boundaries
- ☐ Seek support
- ☐ Give myself time

My personal plan:

---

---

**My Trust Statement**

I can trust myself because:

---

---

I deserve relationships where:

---

I will rebuild trust by:

---

---

### Reflection

Something I understand better about trust:

---

Something I want to practice:

---

Something I appreciate about myself:

---

---

### Key Message

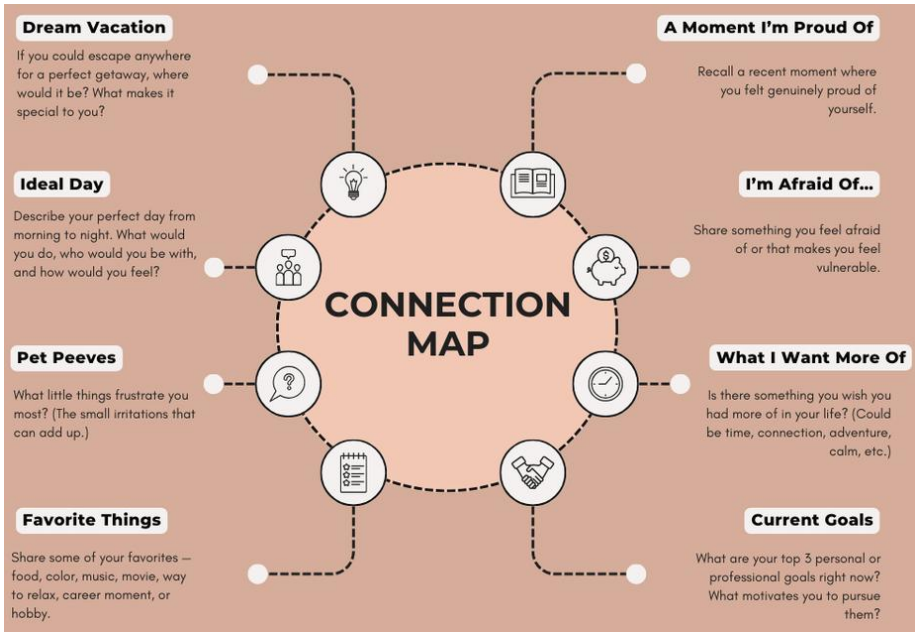
**"Trust is rebuilt through small moments of safety, consistency, and learning to believe in yourself again."**

---

### Clinical Summary

- **Tool Type:** Trust Repair & Relationship Healing Exercise
- **Time:** 15–20 minutes
- **Best Used For:** Trauma recovery, betrayal healing, relationship repair, self-trust, emotional safety, and personal growth

### TOOL #105 - THE RELATIONSHIP TRAUMA MAP



---

## UNDERSTANDING HOW PAST RELATIONSHIPS HAVE SHAPED MY TRUST AND CONNECTION

The Relationship Trauma Map helps you explore how painful relationship experiences have affected your emotions, beliefs, boundaries, and ability to connect with others.

Difficult relationships can influence how we see trust, safety, communication, and our own worth. This tool helps you understand these patterns and begin creating healthier relationships.

---

### The Relationship Experience

A relationship experience that affected me:

---

The type of relationship:

---

- ☐ Romantic
- ☐ Family
- ☐ Friendship
- ☐ Caregiver
- ☐ Other

What happened?

---

---

### **How This Relationship Affected Me**

During this relationship, I often felt:

- ☐ Safe
- ☐ Loved
- ☐ Supported
- ☐ Afraid
- ☐ Rejected
- ☐ Unheard
- ☐ Confused
- ☐ Hurt

The strongest feeling was:

---

---

### **The Wound I Carry**

The most painful part of this experience was:

- ☐ Broken trust
- ☐ Rejection
- ☐ Abandonment
- ☐ Betrayal
- ☐ Feeling unseen
- ☐ Loss of safety

How this affected me:

---

---

---

### **The Beliefs I Developed**

After this experience, I started believing:

About myself:

---

---

About other people:

---

About relationships:

---

---

### **My Relationship Patterns**

When I become close to someone, I may:

- ☐ Open up easily
- ☐ Hold back my feelings
- ☐ Fear being hurt
- ☐ Need reassurance
- ☐ Avoid vulnerability
- ☐ Try to please others

My pattern:

---

---

### **My Protection Strategies**

When I feel unsafe in relationships, I protect myself by:

- ☐ Creating distance
- ☐ Staying quiet
- ☐ Becoming defensive
- ☐ Ignoring my needs
- ☐ Avoiding connection
- ☐ Trying to control situations

This response developed because:

---

---

### **My Relationship Needs**

In healthy relationships, I need:

- ☐ Respect
- ☐ Honesty
- ☐ Safety
- ☐ Communication
- ☐ Support
- ☐ Trust
- ☐ Understanding

The needs that matter most to me:

---

---

### **What A Healthy Relationship Looks Like**

A safe relationship includes:

- ☐ Respect for boundaries
- ☐ Honest communication
- ☐ Emotional support
- ☐ Consistency
- ☐ Trust
- ☐ Mutual care

A relationship feels safe when:

---

---

---

### **Creating A New Relationship Pattern**

An old pattern I want to change:

---

A healthier response I want to practice:

---

A relationship skill I want to build:

---

### **My Relationship Boundaries**

I need others to respect:

---

I will no longer accept:

---

I can protect myself by:

---

### **My Relationship Healing Statement**

I understand that:

---

I deserve relationships where:

---

I choose to create healthier connections by:

---

### **Reflection**

---



Something I learned about my relationship patterns:

Something I want to heal:

Something I want to create differently:

Something I appreciate about myself:

**Key Message**

**"Understanding your relationship wounds helps you choose healthier connections in the future."**

**Clinical Summary**

- **Tool Type:** Relationship Awareness & Healing Exercise
- **Time:** 15–20 minutes
- **Best Used For:** Relationship trauma, trust rebuilding, attachment healing, boundaries, emotional awareness, and personal growth

**TOOL #106 - THE ATTACHMENT INJURY WORKSHEET**

**UNDERSTANDING RELATIONSHIP WOUNDS AND EMOTIONAL NEEDS**

The Attachment Injury Worksheet helps you explore painful relationship experiences that affected your sense of safety, trust, and connection.

Attachment wounds can develop when important relationships involve rejection, inconsistency, abandonment, emotional distance, or unmet needs. This tool helps you understand how these experiences shaped your beliefs and relationship patterns.

**The Experience That Hurt Me**

A relationship experience that affected me:

---

The type of relationship:

- ☐ Parent/Caregiver
- ☐ Romantic Partner
- ☐ Family Member
- ☐ Friend
- ☐ Other

What happened?

---

---

**The Moment I Felt Hurt**

The moment I felt disconnected, rejected, or unsafe:

---

What I experienced:

- ☐ Abandonment
- ☐ Rejection
- ☐ Betrayal
- ☐ Neglect
- ☐ Criticism
- ☐ Lack of support
- ☐ Loss of trust

How this affected me:

---

---

**The Emotions I Felt**

During this experience, I felt:

---

- ☐ Alone
- ☐ Afraid
- ☐ Hurt
- ☐ Angry
- ☐ Sad
- ☐ Unimportant
- ☐ Confused
- ☐ Unsafe

The strongest emotion was:

---

---

### **What I Needed**

At that moment, I needed:

- ☐ Comfort
- ☐ Protection
- ☐ Reassurance
- ☐ Understanding
- ☐ Love
- ☐ Support
- ☐ Consistency
- ☐ Validation

What I needed most:

---

---

### **The Beliefs I Developed**

After this experience, I started believing:

About myself:

---

About other people:

---

---

About relationships:

---

---

### **How This Wound Appears Today**

In relationships, I may:

- ☐ Fear being left
- ☐ Have difficulty trusting
- ☐ Hide my feelings
- ☐ Need reassurance
- ☐ Avoid closeness
- ☐ Feel afraid of rejection

My pattern:

---

---

### **My Protection Response**

When I feel emotionally unsafe, I usually:

- ☐ Pull away
- ☐ Shut down
- ☐ Become defensive
- ☐ Try to please others
- ☐ Ignore my needs
- ☐ Seek reassurance

This response may have developed because:

---

---

### **Supporting The Hurt Part Of Me**

A younger part of me needed to hear:

---

---

Something I want that part of me to know:

---

A compassionate message I can give myself:

---

---

### **Healing My Attachment Wound**

What I needed in the past:

---

What I can give myself today:

---

Support I can receive from safe people:

---

---

### **Building Healthier Connections**

A safe relationship includes:

- ☐ Respect
- ☐ Trust
- ☐ Honesty
- ☐ Consistency
- ☐ Emotional support
- ☐ Healthy boundaries

The type of relationships I want to create:

---

---

### **My New Relationship Beliefs**

Instead of believing:

---

I choose to believe:

---

---

I deserve relationships where:

---

---

**My Healing Statement**

I understand that:

---

My past experiences shaped me, but they do not define me because:

---

I can create healthier connections by:

---

---

**Reflection**

Something I learned about my attachment patterns:

---

A need I understand better now:

---

Something I want to heal:

---

Something I appreciate about myself:

---

---

**Key Message**

**"Understanding your attachment wounds helps you create safer relationships with yourself and others."**

---

**Clinical Summary**

---

- **Tool Type:** Attachment Healing & Relationship Awareness Exercise
- **Time:** 15–20 minutes
- **Best Used For:** Attachment wounds, relationship trauma, trust issues, emotional awareness, self-compassion, and personal growth

## TOOL #107 - THE ABANDONMENT HEALING TOOL

---

### HEALING FEAR OF BEING LEFT, REJECTED, OR FORGOTTEN

The Abandonment Healing Tool helps you explore experiences where you felt left behind, rejected, disconnected, or emotionally unsupported.

Abandonment wounds can affect trust, relationships, self-worth, and emotional safety. This tool helps you understand these fears, offer compassion to yourself, and build a stronger sense of security.

---

#### The Abandonment Experience

An experience where I felt abandoned:

---

What happened?

---

Who was involved?

---

#### How It Made Me Feel

During this experience, I felt:

- ☐ Alone
- ☐ Afraid
- ☐ Rejected
- ☐ Hurt
- ☐ Unwanted
- ☐ Confused
- ☐ Unsafe

The strongest feeling was:

---

---

**The Meaning I Created**

After this experience, I started believing:

About myself:

---

About others:

---

About relationships:

---

---

**My Abandonment Triggers**

I feel abandonment fears when:

- ☐ Someone becomes distant
- ☐ Someone does not respond
- ☐ I experience conflict
- ☐ I feel rejected
- ☐ Someone changes plans
- ☐ I feel ignored

My common triggers:

---

---



---

### **How I Protect Myself**

When I fear being abandoned, I may:

- ☐ Seek reassurance
- ☐ Pull away
- ☐ Avoid closeness
- ☐ Try to please others
- ☐ Overthink situations
- ☐ Hide my feelings

My pattern:

---

---

### **What I Needed**

During that experience, I needed:

- ☐ Love
- ☐ Safety
- ☐ Support
- ☐ Comfort
- ☐ Understanding
- ☐ Stability

What I needed most:

---

---

### **Supporting The Hurt Part Of Me**

The younger part of me felt:

---

What I want that part of me to know:

---

A compassionate message to myself:

---

---

---

### **Separating Past From Present**

The abandonment I experienced in the past:

---

What is different about my life today:

---

A reminder that I am safe now:

---

---

### **Building Inner Security**

I can support myself by:

---

When fear appears, I can:

- ☐ Pause
  - ☐ Breathe
  - ☐ Ground myself
  - ☐ Talk to someone safe
  - ☐ Remind myself of my worth
- 

### **Creating Healthier Beliefs**

An old belief I want to release:

---

A new belief I want to practice:

---

I deserve relationships where:

---

---

### My Healing Statement

I acknowledge that:

---

My past does not define my worth because:

---

I choose to create safety by:

---

---

### Reflection

Something I understand better about my abandonment fears:

---

Something I want to heal:

---

Something I appreciate about myself:

---

---

### Key Message

**"Being abandoned by someone does not mean you are unworthy of love, connection, or belonging."**

---

### Clinical Summary

- **Tool Type:** Attachment Healing & Emotional Security Exercise
- **Time:** 15–20 minutes
- **Best Used For:** Abandonment wounds, relationship anxiety, attachment healing, self-worth, emotional regulation, and personal growth

---

## TOOL #108 - THE REJECTION WOUND EXERCISE

---

## HEALING THE PAIN OF FEELING UNWANTED OR NOT ENOUGH

The Rejection Wound Exercise helps you explore experiences where you felt rejected, excluded, criticized, or not valued.

Rejection can create painful beliefs about yourself, relationships, and your sense of belonging. This tool helps you understand these wounds, challenge harmful beliefs, and rebuild self-acceptance.

---

### The Rejection Experience

An experience where I felt rejected:

---

What happened?

---

Who was involved?

---

### How Rejection Affected Me

After this experience, I felt:

- ☐ Hurt
- ☐ Sad
- ☐ Angry
- ☐ Embarrassed
- ☐ Lonely
- ☐ Unwanted
- ☐ Ashamed
- ☐ Disappointed

The strongest feeling was:

---

---

### The Meaning I Created

---

After being rejected, I started believing:

About myself:

---

About my worth:

---

About relationships:

---

---

### **The Wound I Carry**

The most painful part of this rejection was:

- ☐ Feeling not good enough
- ☐ Feeling invisible
- ☐ Feeling unwanted
- ☐ Feeling replaced
- ☐ Feeling misunderstood
- ☐ Feeling excluded

The wound I carry is:

---

---

### **My Rejection Patterns**

When I fear rejection, I may:

- ☐ Avoid trying new things
- ☐ Hide parts of myself
- ☐ Seek approval
- ☐ Compare myself to others
- ☐ Fear judgment
- ☐ Push people away first

My pattern:

---

---

---

## Challenging The Rejection Belief

A painful belief I developed:

---

A more compassionate truth:

---

---

What this experience does **not** define:

- ☐ My worth
  - ☐ My abilities
  - ☐ My future
  - ☐ My value as a person
- 

## What I Needed

During that experience, I needed:

- ☐ Acceptance
- ☐ Support
- ☐ Understanding
- ☐ Encouragement
- ☐ Respect
- ☐ Belonging

What I needed most:

---

---

## Practicing Self-Acceptance

Something I appreciate about myself:

---

A quality that makes me valuable:

---

---

A part of myself I want to accept more:

---

---

**Creating A New Story**

Instead of believing:

---

I choose to believe:

---

I deserve relationships where:

---

---

**My Healing Statement**

I acknowledge that:

---

Rejection hurt me, but it does not define me because:

---

I choose to see myself as:

---

---

**Reflection**

Something I learned about my rejection wound:

---

Something I want to release:

---

Something I want to embrace:

---

---

---

**Key Message**

**"Rejection is an experience you lived through, not a definition of who you are."**

---

**Clinical Summary**

- **Tool Type:** Rejection Healing & Self-Worth Exercise
- **Time:** 15–20 minutes
- **Best Used For:** Rejection trauma, self-esteem, relationship healing, shame reduction, emotional awareness, and personal growth

**TOOL #109 - THE BETRAYAL TRAUMA PROCESSING GUIDE**

---

**HEALING THE PAIN OF BROKEN TRUST AND EMOTIONAL HURT**

The Betrayal Trauma Processing Guide helps you explore the emotional impact of experiences where your trust was broken by someone important.

Betrayal can affect your sense of safety, trust, confidence, and relationships. This tool helps you process what happened, understand your emotions, and begin rebuilding trust in yourself.

---

**The Betrayal Experience**

An experience where I felt betrayed:

---

What happened?

---

Who was involved?

---

---

**How It Affected Me**

After this experience, I felt:

---



- ☐ Hurt
- ☐ Angry
- ☐ Sad
- ☐ Confused
- ☐ Disappointed
- ☐ Afraid
- ☐ Lost
- ☐ Unsafe

The strongest emotion was:

---

---

### **What Changed After The Betrayal**

This experience changed how I see:

- ☐ Myself
- ☐ Other people
- ☐ Relationships
- ☐ Trust
- ☐ Safety

I started believing:

---

---

### **The Loss I Experienced**

Because of this betrayal, I lost:

- ☐ Trust
- ☐ Security
- ☐ Confidence
- ☐ Connection
- ☐ Peace of mind

The hardest part was:

---

---

---

### **What I Needed**

During this experience, I needed:

- ☐ Honesty
- ☐ Respect
- ☐ Support
- ☐ Understanding
- ☐ Accountability
- ☐ Safety

What I needed most:

---

---

### **Releasing Self-Blame**

Something I blame myself for:

---

A healthier way to understand this:

---

What was not my responsibility:

---

---

### **Rebuilding Trust In Myself**

I can trust myself because:

---

A time I listened to my instincts:

---

Something I learned about myself:

---

---

---

## Creating Healthy Trust

Healthy trust looks like:

- ☐ Honesty
- ☐ Respect
- ☐ Consistency
- ☐ Communication
- ☐ Boundaries
- ☐ Accountability

A relationship feels safe when:

---

---

## My Healing Boundaries

After this experience, I need:

---

Something I will no longer accept:

---

A way I can protect myself:

---

---

## Moving Forward

Something I want to release:

---

Something I want to rebuild:

---

Something this experience taught me:

---

---

## My Healing Statement

I acknowledge that:

---

I cannot change what happened, but I can:

---

I deserve relationships where:

---

---

## Reflection

Something I understand better now:

---

Something I am ready to heal:

---

Something I appreciate about myself:

---

---

## Key Message

**"Someone breaking your trust does not take away your ability to trust yourself."**

---

## Clinical Summary

- **Tool Type:** Betrayal Healing & Trust Repair Exercise
- **Time:** 15–20 minutes
- **Best Used For:** Betrayal trauma, relationship wounds, trust rebuilding, emotional processing, boundaries, and self-compassion

## TOOL #110 - THE LOSS PROCESSING WORKSHEET

---

## UNDERSTANDING LOSS, GRIEF, AND EMOTIONAL HEALING

The Loss Processing Worksheet helps you explore experiences of loss and the emotions connected to them.

Loss can involve the death of someone, the end of a relationship, changes in identity, lost opportunities, or anything meaningful that is no longer part of your life.

This tool helps you acknowledge your grief, process your emotions, and begin moving forward with compassion.

---

### **The Loss I Experienced**

A loss that has affected me:

---

What happened?

---

When did this loss occur?

---

---

### **What This Loss Meant To Me**

This person, relationship, experience, or part of my life represented:

---

What I valued about it:

---

What I miss the most:

---

---

### **My Grief Emotions**

The emotions I experience are:

---

- ☐ Sadness
- ☐ Anger
- ☐ Fear
- ☐ Guilt
- ☐ Loneliness
- ☐ Confusion
- ☐ Relief
- ☐ Disappointment

The strongest emotion is:

---

---

### **What Changed After The Loss**

Because of this loss, my life changed by:

---

Something that feels different now:

---

Something I am still adjusting to:

---

---

### **What I Wish I Could Say**

Something I wish I could express:

---

Something I wish others understood:

---

Something I wish had been different:

---

---

### **Honoring What Was Lost**

---

Something meaningful about this experience was:

---

A memory I want to keep:

---

Something I appreciate about what it gave me:

---

---

### **Allowing Myself To Grieve**

I give myself permission to feel:

---

I do not need to rush my healing because:

---

A compassionate message to myself:

---

---

### **Finding Support**

People or resources that support me:

---

When I feel overwhelmed, I can:

---

A healthy way I can care for myself:

---

---

### **Moving Forward While Remembering**

I can honor this loss by:

---

Something I want to carry forward:

---

---

Something I am ready to release:

---

---

**My Healing Statement**

I acknowledge that:

---

This loss changed me by:

---

I choose to continue healing by:

---

---

**Reflection**

Something I understand about my grief:

---

Something I want to accept:

---

Something I appreciate about myself:

---

---

**Key Message**

**"Healing from loss does not mean forgetting. It means learning how to carry the memory while continuing to live."**

---

**Clinical Summary**

- **Tool Type:** Grief Processing & Emotional Healing Exercise
- **Time:** 15–20 minutes



- **Best Used For:** Grief, life transitions, relationship loss, trauma recovery, emotional processing, and personal growth

## TOOL #111 - THE GRIEF INTEGRATION TOOL

### INTEGRATING LOSS, MEMORIES, AND HEALING

The Grief Integration Tool helps you process loss while creating a healthier relationship with memories, emotions, and change.

Grief is not something that must be erased. It is an experience that can be understood, honored, and integrated into your life.

This tool helps you acknowledge what was lost, recognize what remains, and find a way to move forward while honoring your experience.

---

#### The Loss I Am Integrating

A loss that has impacted my life:

---

What changed because of this loss?

---

Why was this meaningful to me?

---

---

#### What I Am Grieving

I am grieving the loss of:

- ☐ A person
- ☐ A relationship
- ☐ A life chapter
- ☐ A sense of safety
- ☐ A dream or expectation
- ☐ A part of myself

The hardest part of this loss is:

---

---

---

## **My Grief Experience**

My grief feels like:

---

The emotions I experience are:

- ☐ Sadness
- ☐ Anger
- ☐ Longing
- ☐ Fear
- ☐ Guilt
- ☐ Confusion
- ☐ Loneliness

The emotion I feel most often:

---

---

## **Honoring What Was Lost**

Something meaningful about what I lost:

---

A memory I want to keep:

---

Something I will always appreciate:

---

---

## **What This Experience Taught Me**

Because of this experience, I learned:

---

Something I discovered about myself:

---

---

A strength I developed:

---

---

### **Carrying The Memory Forward**

A part of this experience I want to carry with me:

---

A value or lesson I want to remember:

---

How I can honor this loss in a healthy way:

---

---

### **Accepting Change**

Something that has changed:

---

Something I am learning to accept:

---

Something new I want to create:

---

---

### **Supporting Myself Through Grief**

When grief feels heavy, I can:

- ☐ Allow my emotions
- ☐ Talk to someone supportive
- ☐ Practice self-care
- ☐ Remember meaningful moments
- ☐ Give myself patience

A way I can care for myself:

---

---

**Creating A New Chapter**

Something I want to rebuild:

---

Something I want to explore:

---

A step I can take forward:

---

---

**My Grief Integration Statement**

I acknowledge that:

---

I honor what I lost by:

---

I can continue living while carrying this experience because:

---

---

**Reflection**

Something I understand about my grief:

---

Something I am learning to accept:

---

Something I appreciate about myself:

---

---

**Key Message**

**"Grief does not disappear when we heal. It becomes a part of our story that we learn to carry with compassion."**

---

**Clinical Summary**

- **Tool Type:** Grief Integration & Emotional Healing Exercise
- **Time:** 15–20 minutes
- **Best Used For:** Grief processing, loss recovery, life transitions, emotional acceptance, trauma healing, and personal growth

**TOOL #112 - THE RESILIENCE REFLECTION EXERCISE**

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**RECOGNIZING STRENGTH, GROWTH, AND THE ABILITY TO RECOVER**

The Resilience Reflection Exercise helps you recognize the strength, courage, and abilities you have developed through difficult experiences.

Resilience does not mean that painful experiences did not affect you. It means you have the ability to adapt, learn, and continue moving forward despite challenges.

This tool helps you identify your inner strengths and build confidence in your ability to face future challenges.

---

**A Challenge I Have Faced**

A difficult experience I have overcome:

---

What made this experience challenging?

---

How did it affect me?

---

---

**How I Responded**

---

During this experience, I:

- ☐ Kept going
- ☐ Asked for help
- ☐ Adapted to change
- ☐ Learned something new
- ☐ Protected myself
- ☐ Found new ways to cope

Something I did that helped me:

---

---

**The Strengths I Discovered**

Through this experience, I discovered I am:

- ☐ Strong
- ☐ Patient
- ☐ Courageous
- ☐ Adaptable
- ☐ Compassionate
- ☐ Determined
- ☐ Resourceful

A strength I recognize in myself:

---

---

**What Helped Me Survive**

Support, skills, or resources that helped me:

---

A coping strategy that supported me:

---

Someone or something that gave me strength:

---

---

### **What I Learned About Myself**

Before this experience, I believed:

---

After this experience, I understand:

---

Something I know about myself now:

---

---

### **Recognizing My Growth**

This experience helped me grow by:

---

A lesson I gained:

---

A quality I developed:

---

---

### **My Resilience Reminders**

When life feels difficult, I want to remember:

---

I have overcome:

---

I can handle challenges because:

---

---

### **Building Future Resilience**

A challenge I want to approach differently:

---

---

A strength I want to continue developing:

---

A healthy habit that supports my resilience:

---

---

### **My Resilience Statement**

I have survived:

---

I have learned:

---

I am capable of:

---

I choose to move forward with:

---

---

### **Reflection**

Something I am proud of:

---

Something I appreciate about myself:

---

Something I want to remember during difficult moments:

---

---

### **Key Message**

**"Your difficult experiences are part of your story, but they do not define your limits. Your ability to continue is a sign of strength."**

---



---

## Clinical Summary

- **Tool Type:** Resilience & Personal Growth Exercise
- **Time:** 15–20 minutes
- **Best Used For:** Trauma recovery, self-confidence, personal growth, emotional healing, and strength recognition

### TOOL #113 - THE HEALING MILESTONES TRACKER



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## TRACKING PROGRESS, GROWTH, AND PERSONAL HEALING

The Healing Milestones Tracker helps you recognize and celebrate progress throughout your healing journey.

Healing is not always a straight path. Growth can happen through small changes, new awareness, healthier choices, and moments of self-compassion.

This tool helps you notice your progress and remember how far you have come.

---

**My Healing Journey**

When I started this healing process, I was experiencing:

---

Something I wanted to change or improve:

---

---

**My Progress Milestones**

**Emotional Growth**

A change I have noticed in my emotions:

---

A feeling I understand better now:

---

---

**Self-Awareness**

Something I have learned about myself:

---

A pattern I recognize more clearly:

---

---

**Coping Skills**

A healthier way I handle difficult moments:

---

A skill that helps me:

---

---

**Relationships**

A positive change in my relationships:

---

---

A boundary or communication skill I developed:

---

---

### **My Healing Wins**

Small victories I want to recognize:

- ☐ I expressed my feelings
- ☐ I asked for support
- ☐ I practiced self-care
- ☐ I respected my boundaries
- ☐ I handled a difficult emotion
- ☐ I showed myself compassion
- ☐ I tried something new

Other progress I am proud of:

---

---

### **Challenges I Have Overcome**

A challenge I faced:

---

How I responded:

---

What this taught me:

---

---

### **My Strengths Along The Way**

Through my healing journey, I discovered I am:

- ☐ Strong
- ☐ Patient
- ☐ Brave
- ☐ Resilient
- ☐ Compassionate
- ☐ Capable

A strength I recognize in myself:

---

---

**My Current Healing Level**

Right now, I feel:

1 2 3 4 5 6 7 8 9 10

Something that is improving:

---

Something I am still working on:

---

---

**My Next Healing Step**

One thing I want to focus on next:

---

A small action I can take:

---

Support I may need:

---

---

**Celebrating My Growth**

Something I am proud of:

---

---

Something I want to thank myself for:

---

A reminder for difficult days:

---

---

### **My Healing Statement**

I recognize that:

---

I am growing by:

---

I will continue supporting myself through:

---

---

### **Reflection**

The biggest change I have noticed:

---

Something I understand better now:

---

Something I want to continue building:

---

---

### **Key Message**

**"Healing is measured not only by where you are going, but also by how far you have already come."**

---

### **Clinical Summary**

- **Tool Type:** Healing Progress & Self-Reflection Exercise

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- **Time:** 10–15 minutes
- **Best Used For:** Trauma recovery, personal growth, self-awareness, emotional healing, and resilience building

## TOOL #114 - THE TRAUMA RECOVERY JOURNAL PROMPTS

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### GUIDED REFLECTION FOR HEALING, AWARENESS, AND PERSONAL GROWTH

The Trauma Recovery Journal Prompts provide a safe space for self-reflection, emotional awareness, and personal growth.

Writing can help you understand your experiences, recognize emotions, process difficult thoughts, and create a stronger connection with yourself.

These prompts are designed to support reflection at your own pace.

---

#### **My Healing Journey**

What does healing mean to me?

---

Where am I in my healing journey right now?

---

What do I hope to understand about myself?

---

---

#### **Understanding My Experience**

An experience that shaped me was:

---

How did this experience affect me?

---

What do I wish others understood about what I went through?

---

---

---

### **Exploring My Emotions**

An emotion I have been carrying is:

---

This emotion may be trying to tell me:

---

I can support myself when I feel this emotion by:

---

---

### **My Inner Dialogue**

A difficult thought I often have:

---

Where did this belief come from?

---

A kinder thought I want to practice:

---

---

### **Self-Compassion Practice**

Something I need to forgive myself for:

---

Something I want to remind myself:

---

If I spoke to myself like someone I love, I would say:

---

---

### **Recognizing My Strength**

A difficult moment I survived:

---

---

Something that helped me continue:

---

A strength I discovered in myself:

---

---

### **My Healing Patterns**

A pattern I want to understand better:

---

When this pattern appears, I usually:

---

A healthier response I want to practice:

---

---

### **Letting Go**

Something I am ready to release:

---

A belief that no longer serves me:

---

Something I want to make peace with:

---

---

### **Building Safety Within Myself**

I feel safest when:

---

Things that help me feel grounded:

---

---



Ways I can care for myself today:

---

---

**My Future Self**

The person I am becoming is:

---

A quality I want to develop:

---

A promise I want to make to myself:

---

---

**Daily Healing Reflection**

Today I noticed:

---

Today I learned:

---

Today I am grateful for:

---

---

**My Healing Statement**

I acknowledge:

---

I accept:

---

I choose:

---

I am becoming:

---

---

---

### **Key Message**

**"Healing begins when we give ourselves permission to understand, express, and honor our own story."**

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### **Clinical Summary**

- **Tool Type:** Trauma Recovery Journaling Exercise
- **Time:** 10–20 minutes
- **Best Used For:** Emotional processing, self-awareness, trauma recovery, self-compassion, mindfulness, and personal growth

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*Healing takes time, and every step matters.*

*Be proud of how far you have come, even if the journey has not been easy.*

*You are not defined by your past.*

*You are stronger than you realize, and you are capable of creating a future that feels safe, meaningful, and your own.*

*Take it one day at a time.*

*Keep believing in yourself.*

*Keep growing.*

*Keep moving forward.*

*Your story is still being written.*

