

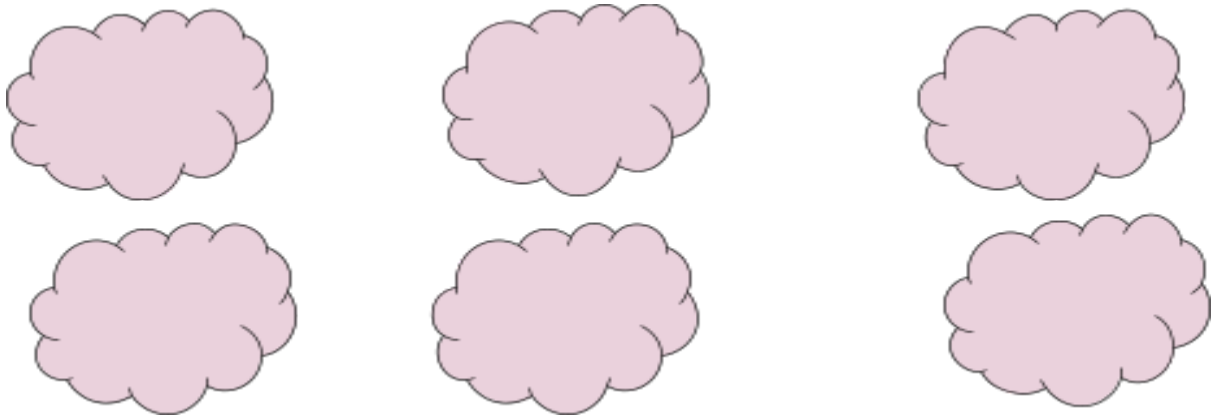
## Adolescent therapy worksheets PDF

*What was the traumatic event you have faced?*

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*What were your emotions during that event?*



*What were your behaviors after that traumatic event?*

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Alternative thoughts	Alternative behaviors