

Trauma tree worksheet

Following is a representation of a trauma tree with explanation. Read it carefully and then answer the questions related to trauma.

THE TRAUMA TREE



Roots of tree: Prenatal stage

Trunk of tree: Infancy and early childhood

Lower branches: Childhood

Top branches: Teenage and adulthood

When a person experiences a traumatic event in the prenatal stage, that means the roots of the whole tree are damaged and it will negatively impact the whole tree. Then if the trunk of the tree is damaged that is infancy and early childhood then again the whole tree would be damaged. In this way, if a child experiences a traumatic event in his early stage of life then he is at a higher risk to develop that trauma for good. Moreover, if he experiences in teenage or adulthood then there is a chance that he can cope because the roots and trunk are strong.

Have you experienced any traumatic event in your life? If yes, then in what stage? Answer this by the help of the diagram

What kind of trauma was it and how did it impact your life?
