

## **Working through Trauma Worksheets**

### **Listen to other people:**

Don't demean or criticize people with traumatic events; listen to what people don't share or say. Try to be empathetic towards others and understand their perspective.

### **Join a support group.**

If you are someone who has gone through some traumatic event and it's tough to talk or discuss those feelings with anyone else, join a support group of trauma survivors, where people like you will help you to recover from your traumatic events.

### **Give yourself some time:**

Take time to react, and give yourself a break so that you can work through your traumatic events.

**Understand your Trauma & its effects:** get to know about your trauma and the most prevalent reactions to stressful events, as well as PTSD. The goal is to ensure that your reactions are understandable and your feelings are validated.

### **Know your triggers & try to control them or get rid of them:**

What makes you lose control and react differently?. Understand your triggers and try to walk away from them or get away from them for some time.

### **Safety & Stability:**

In this step, recall all the beneficial abilities and insights obtained during treatment and put them to use in the future. Individuals and families must make preparations to deal with the pressures and trauma reminders that will inevitably come in the future. Tell yourself how stronger you have become after this trauma.

### **Relaxation Skills:**

These are meant to assist them in recovering from the physiological arousal effects of the trauma. Deep breathing, progressive muscular relaxation, guided

imagery, and other techniques are used.

**Maintain a Journal:**

Write down all the adverse effects in a journal to manage your negative thoughts and the effects of trauma on you.