

Working through Trauma Worksheets: Version 2

Thoughts related to the trauma: Write down the thoughts that you experience:

Distracting yourself:

Purposeful use of distraction techniques can benefit in coping with strong and uncomfortable emotions.

Seek Support:

Finding support from others can be a major factor in helping people overcome the negative effects of a traumatic event and PTSD. Having someone you trust to talk about your trauma:

Self-monitoring:

Self-monitoring can assist you in gaining control over your anxiety symptoms. We can't manage anxiety's unpleasant symptoms until we understand what conditions trigger them. Self-monitoring is an easy approach to raising this level of awareness.

Adopt a healthy lifestyle:

Prolonged Exposure by Imagination

This is an in-session process in which, with the help of the trauma counselor, you get exposed to your traumatic memories and events.

Engage your mind and body:

Try to cook something, or make a sandwich or bake a cake, take pictures of what you have made, write down the steps of how you have made a particular thing. When you taste it, feel the taste, how does it taste? Write down the taste

Exercise regularly.

Doing daily exercise can help you to reduce stress and feel good.