

# Processing Trauma Worksheet

## Section 1: Understanding Trauma

### *Exercise 1: Identifying Triggers*

1. List specific situations causing distress.
  
2. Rate discomfort levels (1-10) for each trigger.

### *Exercise 2: Exploring Negative Thoughts*

1. Record automatic negative thoughts related to triggers.
  
2. Challenge and reframe these thoughts positively.

## Section 2: Cognitive Restructuring

### *Exercise 3: Thought Records*

1. Record triggering events, thoughts, emotions, and alternative perspectives.
  
2. Analyze and modify unhelpful thoughts.

### *Exercise 4: Positive Affirmations*

1. Create positive statements countering negative self-talk.
  
2. Practice affirmations regularly.

### **Section 3: Developing Coping Skills**

#### *Exercise 5: Behavioral Experiments*

1. Design experiments to test and challenge trauma-related anxieties.
  
2. Record observations and insights gained.

#### *Exercise 6: Relaxation Techniques*

1. Practice controlled breathing, progressive muscle relaxation, etc.
  
2. Log the effectiveness of relaxation exercises.

### **Section 4: Building a Support System**

#### *Social Support Network*

1. Identify individuals providing support.
  
2. Strategies for seeking and maintaining social connections.

### **Conclusion:**

- Recap key insights gained.
  
- Encouragement to revisit and revise as needed.