

Processing Trauma Worksheet

Name:	Date of birth:
Gender:	Date of completion:
Section 1: Understanding trauma	
Exercise 1: Identifying triggers.	
1. What specific situations cause you distress?	
2. How would you rate your discomfort levels (on a scale of 1-10) for each trigger?	
Exercise 2: Exploring negative thoughts	
1. What automatic negative thoughts do you have related to your triggers?	
2. How can you challenge and reframe these thoughts positively?	

Section 2: Cognitive restructuring

Exercise 3: Thought records

1. What are the triggering events, thoughts, emotions, and alternative perspectives you've experienced?

2. How can you analyze and modify unhelpful thoughts?

Exercise 4: Positive affirmations

1. What positive statements can you create to counter negative self-talk?

2. How will you incorporate practicing affirmations regularly into your routine?

Section 3: Developing coping skills

Exercise 5: Behavioral experiments

1. What small, manageable actions can you take to face and challenge your trauma-related anxieties?

2. What skills or insights have you gained from trying these actions, and how might they help you cope in the future?

Exercise 6: Relaxation techniques

1. Which relaxation techniques (e.g., controlled breathing, progressive muscle relaxation) have you tried?

2. How effective have these relaxation exercises been for you?

Section 4: Building a support system

Exercise 7: Social support network

1. Who are the individuals in your life that provide you with support?

2. What strategies can you use to seek and maintain social connections?

Additional notes

What other thoughts, reflections, or observations would you like to share?