

Rebuilding Your Inner Trust PTSD Worksheet

Name:

Date:

Learn how to trust yourself: Even if you are completely doubtful about other people, cynical, and skeptical about life, the way to regain good-enough trust is to start with yourself.

Learn how to trust others: What happened in your past provides an opportunity for all the people involved in the event to look within in order to understand why it resulted in broken trust. The underlying causes for the event need to be identified, examined, and worked on. When you are looking at yourself, come clean; if you engage with another person about what happened, expect an emotional reason. Apologize if you share some of the responsibility. Forgive yourself if you made a mistake. Vent if you need to and be patient.

Assess the situation; listen carefully to the person explaining why he or she did something. Trust your gut feelings. Before you rebuild trust in someone, you should first ask yourself if the relationship is one you want to save. If the answer is no, forget that person. Let them go, just accept that that is the way they are. With trusting others, the only certainty is that there is no certainty. Move on to find someone trustworthy.

Choose a situation when somebody important to you hurt you. Describe it.

Express how you felt.

Let the person know how deeply you were hurt with their action. Let the person know what you need so that you start trusting them again. Write about your experience below.

How will you let go of your anger? Make a plan of how you will achieve that.

Is this the first time that this happened or did something similar happen in the past? Describe.

Am I able to forgive? Write down why or why not.

Will I honestly be able to trust this person again? Write your thoughts and feelings about this question.

How can I know if this is a one-time mistake or a pattern of behavior? Write down your ideas.

Does the other person seem genuinely sorry for hurting me or just sorry he or she got caught?

What are some ways that I can test them?

After testing them, do I notice signs of trustworthiness?

How can I spot human deception?

Can I find ways to give and receive positive feelings despite what happened? How?

Do I know how to forgive myself? Some people think if they were more clever or wiser, this would not have happened to them. Is this true for me?

Can I ever forgive the other person? If not, how can I close the story in my head? What trustworthy person can I share that story with?

Go to your safe place and rethink the whole situation. Would you do something differently?

Did You U-Turn?

What was it like to fill out the above questionnaire? What did you learn? Did you make a U-turn about your trust issues?

Is there someone (or more than one person) in your life who is motivated to help you grow out of the trauma? Why? Describe below.

Who is toxic for you? Even if they wish the best for you, are they sabotaging you in some way?

What is your position regarding the problem (are you a victim, persecutor, or rescuer)?

Where are you stuck in your growth? Thinking, feeling, communication, action? Describe below.

How will you know that you have shifted or changed your feelings and behaviors regarding trust? Describe it in observable details.

What have you done so far to get unstuck?

What is the main theme of your attempted solution, for example, "I am trying to be understood."

What solutions are you avoiding?

What could be a different perspective that could shift you into a more positive relationship?

Which direction would be a significant departure from an attempted solution?

What can others do to support you as you move in a new direction—toward trust, away from trauma?