

TF-CBT Workbook

Name: _____ Date of birth: _____

Gender: _____ Date of assessment: _____

Therapist/counselor name: _____

Contact information: _____



Activity 1: Write down three words that describe your current feelings about starting this workbook.

Activity 2: Briefly write about the event or situation that brought you to use this workbook.

Activity 3: Share a positive memory from your past.

Activity 4: Draw or describe your family tree.

Activity 5: Share a positive memory or tradition you have with your family.

Activity 6: Define trauma in your own words.

Activity 7: List different types of traumatic events you've heard of.

Activity 8: Describe any changes in behaviour, feelings, or thoughts since the traumatic event.

Activity 9: List any changes or reminders of the trauma you've experienced.

Activity 10: Note down situations or places you avoid because they remind you of the trauma.

Activity 11: What's your favorite relaxation method?

Activity 12: List three activities that help you relax and calm down.

Activity 13: Develop a simple plan for relaxations to be used when stressed. Include steps and tools/materials.

Activity 14: Draw or write about an emotion you've felt strongly this week.

Activity 15: Describe a situation where you felt emotionally numb or distant.

Activity 16: Where in your body do you feel stress or strong emotions? Mark or describe those areas.

Activity 17: Draw or describe three facial expressions and the emotions they represent.

Activity 18: On a scale from 1-10, rate an emotion you felt today and describe the situation.

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|---|---|---|---|---|---|---|---|---|---|----|
| 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
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Activity 19: List down methods you've tried to manage intense emotions. Which ones worked?

Activity 20: Practice a grounding technique (e.g. 5-4-3-2-1). Note down your experience.

Activity 21: Spend 5 minutes practicing a mindfulness exercise. Share your experience.

Activity 22: Write about a recent event, your thoughts during it, the feelings it evoked, and your actions.

Activity 23: Reflect on a recurring thought. Does it help or hinder you? Why?

Activity 24: Identify a negative thought you've had recently. Challenge it by finding a positive counter-thought.

Activity 25: Choose a strong belief or thought. List down evidence that supports and contradicts it.

Answer:

Supporting evidence:

Contradicting evidence:

Activity 26: In a few sentences, narrate your trauma story. Only share what you're comfortable with.

Activity 27: List down activities or actions that make you feel taken care of loved.

Activity 28: Write down names or roles of people you consider your support.

Activity 29: Write a letter to your future self, sharing hopes and aspirations.

Personal notes/reflection