

# TF-CBT Workbook: A Path to Understanding and Healing Trauma

## Applicant Details:

Full Name:

Date of Birth:

Contact Information:

- Phone:
- Email:

Therapist/Counselor Name (if applicable):

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

Answer:

Answer:

Answer:

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## WHY AM I HERE?

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

Answer:

Notes:

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## GETTING TO KNOW YOU

**Activity 3:** Share a positive memory from your past.

Answer:

Answer:

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## ABOUT YOUR FAMILY

**Activity 4:** Draw or describe your family tree.

Answer:

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

**Answer:**

**Answer:**

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## **LEARNING ABOUT TRAUMA**

**Activity 6:** Define trauma in your own words.

**Answer:**

**Notes:**

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## **TYPES OF TRAUMA**

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

**Answer:**

**Answer:**

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## **HOW DOES TRAUMA AFFECT YOU?**

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

**Answer:**

**Answer:**

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## **DEALING WITH TRAUMA REMINDERS**

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

**Answer:**

**Answer:**

## **MORE ABOUT AVOIDANCE**

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

**Answer:**

**Notes:**

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## **CHILLING OUT**

**Activity 11:** What's your favorite relaxation method?

**Answer:**

**Notes:**

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## **WHAT HELPS YOU CHILL OUT?**

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

**Answer:**

**Answer:**

**Answer:**

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## **MY PLAN FOR CHILLING OUT**

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

**Answer:**

**Step 1:**

**Step 2:**

## **ABOUT FEELINGS**

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

**Answer:**

**Notes:**

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## **FEELING NUMB**

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

**Answer:**

**Notes:**

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## **EXPERIENCING FEELINGS IN YOUR BODY**

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

**Answer:**

**Notes:**

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## **FACIAL EXPRESSIONS**

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

**Answer:**

**Answer:**

**Answer:**

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## **HOW STRONG OR INTENSE ARE YOUR FEELINGS?**

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

**Answer:**

**Notes:**

## **COPING WITH DIFFICULT FEELINGS**

**Activity 19:** List down methods you've tried to manage intense emotions. Which ones worked?

**Answer:**

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**Answer:**

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## **GROUNDING SKILLS**

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

**Answer:**

**Notes:**

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## **MINDFULNESS**

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

**Answer:**

**Notes:**

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## **THOUGHTS, FEELINGS, AND ACTIONS**

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

**Answer:**

**Notes:**

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## **THOUGHTS MATTER**

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

**Answer:**

**Notes:**

## THOUGHT TROUBLES

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

**Answer:**

**Counter-Thought:**

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## EXAMINING THE EVIDENCE

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

**Answer:**

**Supporting Evidence:**

**Contradictory Evidence:**

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## TRAUMA NARRATION

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

**Answer:**

**Notes:**

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## SELF-CARE PLAN

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

**Answer:**

**Answer:**

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## YOUR SUPPORT SYSTEM

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

**Answer:**

**Answer:**

## **YOUR FUTURE**

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

**Answer:**

**Notes:**