

Trauma Worksheet

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| Name | Date |
|------|------|

Being triggered by something means being involuntarily reminded of a traumatic experience as a result of coming across something that is a trauma trigger for you. There is a diverse range of reactions to being triggered; from feeling scared, anxious, or having trouble breathing, to increased anger, sensory sensitivity, or feelings of disconnection from your current time/place. **What warning signs or body signals do you get to let you know you're being triggered?**

There's an equally wide range of responses to being triggered, some helpful and some less helpful. These could include leaving the triggering situation, lashing out, practicing grounding exercises, or trying to distract yourself. **How have you handled being triggered in the past?**

A trauma trigger can be anything, a person, place, thing, smell, or feeling, that takes you back to a traumatic experience. **From each of the below categories, think about some things that are trauma triggers for you, and list them in the space provided.**

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|-------------------------|--|
| Thoughts | |
| Emotions | |
| Physical Feelings | |
| People | |
| Places | |
| Things | |
| Activities / Situations | |
| Sounds | |
| Smells | |

Identify the 5 biggest triggers from the above list and fill out the table below for each.

| Trigger | Can I avoid, reduce the exposure to, or overcome this trigger? If so, how? | What coping skills can I use if I can't avoid this trigger |
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