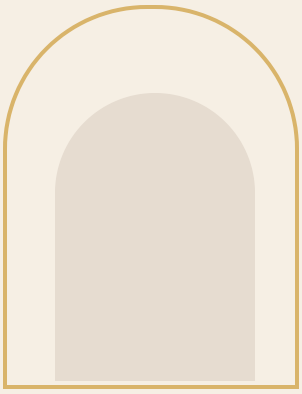
FREE TRAUMA WORKSHEET

Understanding your *trauma responses*



Trauma is not only what happened. It is how your body and mind learned to protect you afterwards. These responses kept you safe once. Understanding them is the first step to feeling safe again. This worksheet is about understanding and steadying yourself, not reliving what happened.

Fight

Feeling angry, defensive or ready to argue. Your body wants to push the threat away.

Flight

Feeling restless, anxious or needing to escape. Keeping busy so you don't have to feel.

Freeze

Feeling stuck, numb, foggy or far away. Your body shuts down to get through it.

Fawn

Putting others first to keep the peace. People pleasing, struggling to say no.

Your window of tolerance

When you're inside your window, you can think clearly and handle feelings. Stress or reminders can push you **above** it (panic, anger, racing heart) or **below** it (numb, shut down, exhausted). Grounding helps you come back into the window.

Above my window, I...

In my window, I...

Below my window, I...

You don't have to do this alone.

Soul Care offers virtual therapy across Canada, including affordable options. Faith is always welcome in session, and never required.

Find your therapist

My grounding plan

Fill this in on a steady day. You don't need to write about what happened, only what helps.

Things that can bring it back

e.g. certain sounds, places, dates, tones of voice, feeling trapped

How I know I'm being triggered

what I notice in my body, thoughts and actions

Grounding tools to try

- ☐ Feet flat on the floor, notice the ground holding me
- ☐ Slow breathing: in for 4, out for 6
- ☐ Say where I am, today's date and that I am safe now
- ☐ Gentle movement or stretching
- ☐ 5, 4, 3, 2, 1 with my senses
- ☐ Hold something comforting or textured
- ☐ Wrap up in a blanket or weighted blanket
- ☐ Call or text a safe person

My safe people

My safe places

real or imagined

Words that help me feel safe

e.g. "That was then. This is now. I am safe."

What I need from others when I'm triggered

When to reach out

Trauma is very treatable. If memories, nightmares, panic or numbness are affecting your daily life, please work with a trauma informed therapist. You don't have to process this alone.