

TRAUMA REFLECTION WORKSHEET

“Awareness is the first step to healing.”

Section 1: Naming the Experience

What happened to you that you consider traumatic?

What were you taught (explicitly or silently) about how to deal with pain?

How did you respond emotionally, mentally, or physically at the time?

Did you feel supported during or after the experience? Why or why not?

Examples of what you can do:

- - Journal about a specific moment that changed you
- - Draw a timeline of your traumatic events
- - Write a letter to your younger self
- - Talk it through with someone you trust

Section 2: How It Shows Up Now

How does this trauma affect you today?

What triggers these responses now?

What do you do to cope?

Examples of what you can do:

- - Keep a daily mood tracker to spot patterns
- - Notice what environments or words activate you
- - Use grounding techniques (deep breathing, naming 5 things you see)
- - Pause before reacting — count to 10 or leave the room briefly

Section 3: Meaning & Beliefs

What beliefs did this trauma create about yourself?

What did it teach you about safety, trust, or control?

What new beliefs do you want to hold?

Have any spiritual or cultural beliefs helped?

Examples of what you can do:

- - Rewrite the old belief: “I’m broken” → “I’m healing and growing”

- - Create an affirmation wall or mirror message
- - Reflect on scriptures, quotes, or family sayings that give strength
- - Use a “beliefs journal” to document moments when healing happens

Section 4: The Healing Process

What helped you survive?

What’s been the hardest part of healing?

What setbacks have you experienced? What did they teach you?

How has healing impacted your relationships?

Examples of what you can do:

- - Write a list of survival strengths (resilience, faith, loyalty)
- - Set boundaries with people who cause emotional harm
- - Celebrate small wins (going outside, asking for help, speaking your truth)
- - Attend support groups or healing circles

Section 5: Purpose and Growth

What does healing look like for you?

If healing could speak, what would it say?

How has healing changed how you want to help others?

What are your goals for making a difference?

Examples of what you can do:

- - Volunteer with a reentry program
- - Share your story (even anonymously)
- - Mentor someone going through what you’ve been through
- - Take a class or course to grow your skills

Section 6: Anchoring & Moving Forward

Three things I want to do differently this week:

1. _____

2. _____

3. _____

Examples:

- → Set a bedtime and stick to it

- → Walk for 15 minutes after dinner
- → Call someone instead of isolating

One affirmation I can say to myself when I feel triggered:

“ _____ ”

Examples:

- → “I’m safe right now.”
- → “This feeling will pass.”
- → “I’m learning to respond, not react.”



Free Writing Space
