

# → WHERE TO START ←

## WORKSHEET: PROCESSING TRAUMA AND STRESS

After a traumatic experience, it can be helpful to get your thoughts outside of your head. Writing down your experiences can help you gain perspective about your situation and help to reduce how distressing they are.

Use the lines below to jot down anything that comes to mind related to your traumatic experiences.

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When you've experienced multiple traumatic experiences, or carried trauma for a long time, it can shape the way you see yourself, the world, and others. These changes in beliefs are there to protect you from future harm, even when threats are gone. They can change the way you relate to others, whether or how you take risks, or how you feel positively about yourself.

How have your traumatic experiences shaped the way you see:

Yourself?

Others?

The World?

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Reflecting on your writing experience above, do you notice how your body has changed in response to your feelings?

Feelings

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