

Freedom From Trauma

This worksheet is designed to gently guide you into noticing how trauma may be showing up in your daily life. Awareness is the first step toward healing. Be kind to yourself as you reflect. There are no right or wrong answers—only your truth in this moment.



1. Daily Check-In

- How am I feeling right now—physically, mentally, and emotionally?
- Did I notice moments today when I felt triggered, unsafe, or unsettled?
- What situations brought me comfort or peace?

2. Noticing Patterns

- Did I react strongly to something small today? What might that reaction be connected to?
- Did I find myself people-pleasing, shutting down, or feeling hyper-alert?
- What old survival responses might have shown up today?

3. Self-Compassion

Take a moment to write a kind and supportive message to yourself. Example: "I see you. I know this was hard today. You are safe now, and you are loved."

4. Moving Forward

- What is one gentle thing I can do to care for myself tonight or tomorrow?
- Who or what can I lean on for support if I need it?
- What do I want to remind myself of as I move into tomorrow?

Affirmation: I am worthy. I am safe. I am loved. My healing is possible, one step at a time.



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*Trauma Does Not
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