A PAUSE, A PRACTICE, A NEXT STEP

Childhood Trauma

What happened to you deserves care.

Use a few words, draw, or talk this through. Skip anything that does not fit. This is an educational worksheet, not a diagnostic test or a substitute for care.

What it feels like

You may struggle with trust, strong reactions, or feeling safe. Other people notice different effects or few lasting symptoms. There is no required way to respond.

01 / Notice and reflect

What helps me feel more supported today?

02 / Notice and reflect

What boundary would make this conversation easier?

03 / One next step

What will I try next, and what support would make it easier?

When to seek help: Seek trauma-informed care when symptoms affect your life. If a child is being harmed or anyone is in immediate danger, seek protective or emergency help.

Read more: CDC · Adverse childhood experiences

More tools and immediate support: Our Healing Room / Crisis Support.