A PAUSE, A PRACTICE, A NEXT STEP

Trauma

Begin with choice, support, and the present.

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.

Safety comes first

You do not need to write a detailed trauma story here. Pause or stop if an activity feels overwhelming; reach for support rather than pushing through.

Check current safety

If danger or abuse is ongoing, prioritize practical safety and human support. A calming exercise does not make an unsafe environment safe.

01 / Notice and reflect

What would help me feel more supported today?

02 / Notice and reflect

Which choices matter during a coping practice?

03 / One next step

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

When to seek help: Seek professional support for persistent distress, flashbacks, nightmares, isolation, or trouble functioning. New confusion, loss of consciousness, or other concerning physical changes need medical assessment. Seek immediate help if you are in danger or may hurt yourself.

Read more: NIMH · Coping with traumatic events

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