A PAUSE, A PRACTICE, A NEXT STEP

Trauma Triggers

A reminder can bring a strong reaction.

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 feel fear, anger, numbness, or a sense that something from the past is happening again. Reactions differ from person to person.

01 / Notice and reflect

What do I notice in the present?

02 / Notice and reflect

Would quiet, movement, or company help right now?

03 / One next step

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

When to seek help: Get professional support for repeated distress, flashbacks, or avoidance that limits your life. Seek immediate help if you cannot stay safe.

Read more: VA · Trauma reminders and triggers

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