

Do Your Homework~

Exercise: "WHAT'S IN YOUR TRAUMA BUCKET?"

This exercise will take 5-10 minutes.

Here are some **common trauma reactions** in adults. Circle which have been true for you.

Please actively seek professional assistance to aide in your trauma recovery

*Were you exposed to an event(s) that involved actual or threatened death/serious injury OR a threat to the physical safety of yourself/another? (Yes/No)

*Did your response to the event(s) involve intense fear, helplessness or horror? (Yes/No)

BEHAVIORAL

easily startled
jumpy
on edge
over-alert to danger
detached or withdrawn
fearful or nervous
anger outbursts
irritability
sleep disturbances
avoiding thinking about trauma
avoiding people, places, activities, thoughts,
feelings, conversations associated with
traumatic event(s)

MENTAL/EMOTIONAL

difficulty experiencing emotion
mentally shut down
emotionally shut down
guilty or shameful
difficulty concentrating
sad or angry
flashbacks
nightmares
disturbing memories or images

SOCIAL

wanting to isolate from others
avoiding social interactions
feeling not understood by others
strained relationships
strengthened relationships
anxiety being with others

PHYSICAL

shallow breathing
muscle tension
headaches
nausea
hot or cold sweats
vomiting or diarrhea
trembling
fatigue