

*Please write at least one page about how the traumatic event has impacted your life. You are **not** being asked to write specifics about the traumatic event. Write about what you have been thinking about the cause of the event. Also, consider the effects this traumatic event has had on your beliefs about yourself, others, and the world in the following areas: safety, trust, power/control, esteem, and intimacy. Try to write from a place of emotion rather than 'rationality'. Bring this with you to the next session.*

Why event happened. Do you believe you hold responsibility?

Beliefs about the world following the event

Beliefs about myself following the event

Beliefs about others following the event

How has the event shaped my sense of safety in the world?

How has the event shaped my sense of trust?

How has the event shaped my sense of power and control?

How has the event shaped my sense of self-esteem/self-worth?

How has the event shaped my sense of intimacy (not necessarily sexual)?

Consider a safe place exercise following this exercise. Be kind and gentle with yourself.

