

## Trauma Journal Prompts

1. When did you first realize that you experienced trauma?

2. How did your trauma impact your current behaviors and thought processes?

3. What negative beliefs do you hold because of your trauma? How can you counter these beliefs?

4. What specific coping mechanisms have you been using to cope with difficult emotions? Are they healthy? What healthier ways can you cope with difficult emotions?

5. Do you experience hypervigilance? (the elevated state of constantly assessing potential threats around you) If so, what triggers this feeling the most?

6. Do you experience flashbacks or nightmares? Do you notice any common or recurring themes?

7. What are some of your common trauma triggers?

8. What bodily sensations, feelings, and thoughts do you experience when triggered?

9. What can you do to better cope when triggered?

10. Do you tend to downplay what you've experienced? If so, why?

11. How do you think your trauma is holding you back from living a fulfilling life?

12. Are you able to recognize that what happened does not define you?

13. How can you show yourself more understanding and compassion?

14. Do you have any self care activities in place?

15. What are things, people, or places that make you feel safe?

16. What do you need to forgive yourself for?

17. What would tell a dear friend who had been through the same experience?