

Betrayal Trauma Worksheet

1. Describe the feelings and emotions you have experienced since the betrayal. How have these emotions evolved over time?

2. Reflect on the specific moments or actions that constituted the betrayal. What thoughts and emotions arise as you revisit these memories?

3. Consider the impact of the betrayal on your sense of trust in yourself and others. How has this impacted your relationships and interactions with others?

4. Explore any physical sensations that accompany your emotions related to the betrayal. How does your body respond to these feelings?

5. Reflect on any patterns or warning signs that you may have overlooked prior to the betrayal. What have you learned from this experience?

6. Identify any lingering fears or anxieties that have emerged as a result of the betrayal. How do these fears manifest in your daily life?

7. Reflect on the concept of forgiveness in the context of the betrayal. What does forgiveness mean to you, and how might it apply to your situation?

8. Explore any moments of personal growth or resilience that have emerged from coping with the betrayal. What strengths have you discovered within yourself?

9. Consider your hopes and aspirations for the future in light of the betrayal. How do you envision moving forward and rebuilding trust in yourself and others?
