



## Worksheet: From Survival to Adaptation – Trauma-Informed Insight Tracker

This worksheet helps you identify survival strategies in yourself and your clients that may have once been adaptive—but now require a new lens. Use this tool to practice shifting from judgment to understanding, and from pathologizing to honoring resilience.

### 1. Reframing the Behavior

List one behavior you've previously labeled as dysfunctional, frustrating, or resistant in a client (or yourself).

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Now reframe that behavior as an adaptation. What might it have been protecting the person from?

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### 2. Common Survival Strategies

Check any of the strategies below you recognize in your clients—or in yourself:

- ☐ People-pleasing or fawning
- ☐ Emotional detachment or dissociation
- ☐ Hyper-independence or refusal to ask for help

☐ Over-achievement or perfectionism

☐ Control or micromanagement

☐ Shutdown or passivity

☐ Constant apologizing or self-doubt

### 3. Practitioner Reflection

Think of a moment when a client's survival response activated one of your own. What happened?

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What would staying grounded and present have looked like in that moment?

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### 4. A New Lens

Complete the sentence:

"When I see \_\_\_\_\_, I now understand it as \_\_\_\_\_."

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