



Worksheet: Rewriting the Narrative of Trauma

This worksheet is designed to help practitioners begin rethinking trauma not as an event, but as a nervous system response. Use these prompts to explore what you've believed about trauma—and what you now see differently.

1. What Did You Think Trauma Was?

Before this lesson, how would you have defined trauma?

2. What Stood Out to You?

Which part of today's lesson most changed how you think about trauma? Why?

3. Looking at Clients Through a New Lens

Think of one client whose behavior may have been a trauma response. What might have been happening in their nervous system?

4. Turning Inward

Have you ever misjudged your own trauma responses as personality flaws or failures?

What would it look like to meet yourself with the same curiosity and compassion you offer others?

5. One Sentence to Remember

What is one sentence or truth from this lesson you want to carry forward in your work?
