



Worksheet: Where Trauma Lives in the Body

This worksheet is designed to help you begin noticing how trauma might be stored in the body—your clients’ and your own. Use the questions below to guide your reflection through the lens of biology and regulation.

1. Physical Clues of Dysregulation

What body-based symptoms have your clients shared that may be linked to unresolved trauma?

What physical symptoms have you personally experienced that may relate to dysregulation?

2. Nervous System Patterns

Think of one client who seems stuck in survival mode. What behaviors or symptoms might be linked to these states?

Sympathetic (Fight/Flight):

Dorsal Vagal (Shutdown):

3. Clinical Curiosity

Where might you have overlooked trauma by focusing on the diagnosis or behavior alone?

What's one way you can begin integrating body-awareness into your trauma-informed practice?

4. A Truth to Hold Onto

Finish this sentence: 'Trauma doesn't live in the event—it lives in...'
