



## Worksheet: What I Missed – Trauma Lens Tracker

This worksheet helps you examine moments where trauma may have been overlooked—either in clients or in yourself. Use this to develop your trauma-informed lens and refine how you recognize the many forms trauma can take.

### 1. Challenging Assumptions

What types of trauma were you least familiar with before this lesson?

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Which ones have you unintentionally minimized or overlooked in your own work or worldview?

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### 2. Client Insight

Think of a client whose symptoms you once attributed to something other than trauma.

What was their behavior or symptom?

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What type of trauma might have contributed to that response?

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### 3. Looking at Yourself Through a Trauma-Informed Lens

Can you identify a moment in your own life when something was dismissed—but may actually have been a trauma response?

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### 4. What Will You Do Differently?

How will this new lens affect the way you ask questions, interpret behaviors, or create safety going forward?