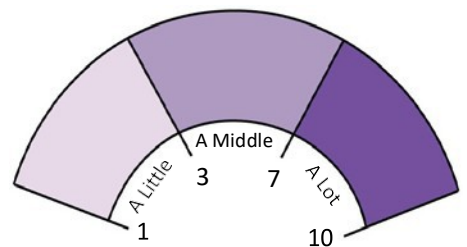


My Feelings About the Trauma

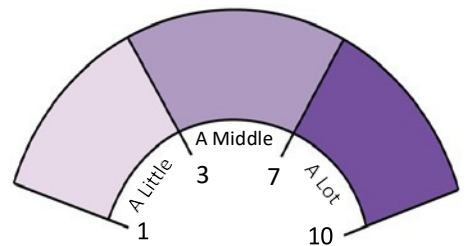
Children have many different feelings after going through upsetting and traumatic experiences. Name your trauma experiences and feelings you had.

Back when _____ was happening, I felt:



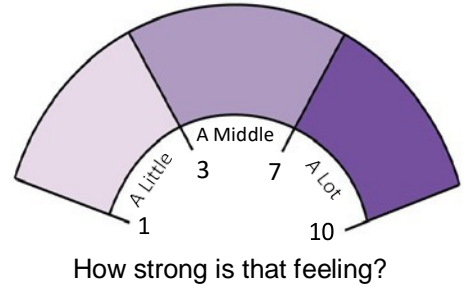
How strong was that feeling?

When _____ was happening, I also felt:

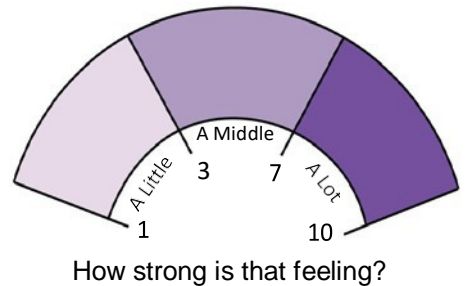


How strong was that feeling?

Now when I remember what happened, I feel:



When I remember what happened, I also feel:



When I have these heavy feelings, I can make them lighter by:

- 1.
- 2.
- 3.

Pick a relaxer to practice now with your caregiver.