

**Light memories**

|  |  |  |  |
| --- | --- | --- | --- |
| My Story | Trauma Types | Feelings I have when I remember heavy times | Relaxers |
| 1. Light
 |  |  |  |  |
| 1. Heavy
 |  |  |  |  |
| 1. Heavier
 |  |  |  |  |
| 1. Heaviest
 |  |  | Feelings Break # |  |
| 1. My future
 |  |  |  |  |

Light memory:

When I remember this, I feel:

At this #:

When I remember this, I feel:

At this #:

Light memory:

When I remember this, I feel:

At this #:

When I remember this, I feel:

At this #:

Light memory:

When I remember this, I feel:

At this #:

When I remember this, I feel:

At this #:

**0**

**10**

**9**

**8**

100000

Scared 7

SA 2

Scary

Confused 10

Scared 10

\_\_\_\_ 1st time:

When I remember this, I feel:

At this #:

When I remember this, I feel:

At this #:

\_\_\_\_ last time:

When I remember this, I feel:

At this #:

When I remember this, I feel:

At this #:

\_\_\_\_ heaviest time:

When I remember this, I feel:

At this #:

When I remember this, I feel:

At this #:

\_\_\_\_ heaviest time:

When I remember this, I feel:

At this #:

When I remember this, I feel:

At this #:

\_\_\_\_ last time:

When I remember this, I feel:

At this #:

When I remember this, I feel:

At this #:

\_\_\_\_ 1st time:

When I remember this, I feel:

At this #:

When I remember this, I feel:

At this #:

\_\_\_\_ 1st time:

When I remember this, I feel:

At this #:

When I remember this, I feel:

At this #:

\_\_\_\_ last time:

When I remember this, I feel:

At this #:

When I remember this, I feel:

At this #:

\_\_\_\_ heaviest time:

When I remember this, I feel:

At this #:

When I remember this, I feel:

At this #:

**Heavy memories**











MY FUTURE