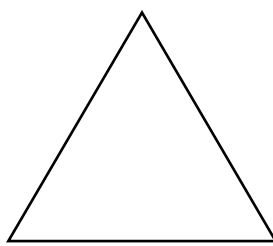


What is a thought you have had about yourself related to your child's trauma?

Original thought: _____

Feeling: _____

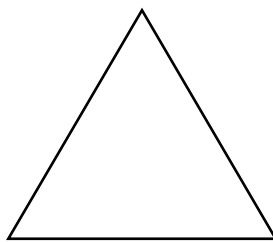


Thought (above)

Behavior: _____

More helpful and balanced thought: _____

Feeling: _____



Thought (above)

Behavior: _____
