

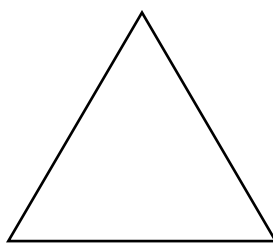
# What is a thought you have had about yourself related to your child's trauma?

Original thought: \_\_\_\_\_

---

---

Feeling: \_\_\_\_\_



Thought (above)

Behavior: \_\_\_\_\_

---

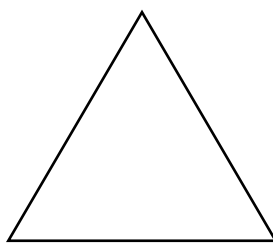
---

More helpful and balanced thought: \_\_\_\_\_

---

---

Feeling: \_\_\_\_\_



Thought (above)

Behavior: \_\_\_\_\_

---