

Written Homework About My Trauma

This homework has to do with the trauma that you and your therapist agreed that you should write about. There might be a lot of traumas in your life, so, remember, this is just about the trauma that you and your therapist picked this time. After each question, write an answer in as much detail as you can, in the amount of space you have. When you are done, save this homework, and bring it to your next session so that you and your therapist can read it together. You don't have to answer all these questions at the same time. You can put it down and then start on it again later. If it is too upsetting to finish, you can stop and talk to your therapist about it in your next session.

1. What happened to you?

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2. What were your feelings when it was happening?

3. What was the worst feeling after it happened?

4. What did you think when it was happening?

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5. What did you think after it was over?

6. What did you do after it happened?

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7. What was the worst thing about what happened?

8. Is there anything about what happened that has made you stronger or better or smarter?