# Understanding Trauma Responses

## Purpose

Learn about possible psychological responses to stressful or abusive experiences.

## How to use this worksheet

1. Read the information and prompts at your own pace.
2. Respond only to what feels comfortable; you may skip any part.
3. Pause whenever you need to.

Hypervigilance: Feeling constantly on alert or watching for possible danger.

Anxiety: Worry, fear, or physical tension that may be difficult to settle.

Emotional overwhelm: Feelings becoming so intense that it is hard to think clearly or manage daily tasks.

Avoidance: Staying away from reminders, thoughts, places, or conversations associated with distress.

Sleep disruption: Difficulty falling asleep, staying asleep, or feeling rested; sometimes distressing dreams.

Dissociation: Feeling disconnected from yourself, your surroundings, or what is happening; experiences vary.

Grief: Feelings connected with loss, including loss of trust, a relationship, or hopes for the future.

Educational resource developed for Soteldo Psychotherapy Clinic. This worksheet is not a diagnostic instrument, formal risk assessment, legal opinion, or substitute for individualized professional advice.

## Reflection prompts

Which experiences, if any, are familiar?

What coping strategies have helped?

What would I like to discuss in psychotherapy?

## References

Concepts informed by:

World Health Organization. (2024). Violence against women. https://www.who.int/news-room/fact-sheets/detail/violence-against-women

Reflection questions and worksheet layout are original clinic educational content.

Educational resource developed for Soteldo Psychotherapy Clinic. This worksheet is not a diagnostic instrument, formal risk assessment, legal opinion, or substitute for individualized professional advice.