What the trauma taught me to believe

How trauma may have changed what you believe about yourself, other people and the world.

Name _____ Date _____

After trauma, beliefs often swing to an extreme. Sometimes an old belief is shattered. Sometimes a harsh one seems to be confirmed. Tick any that sound like you.

- [ ] Nowhere is really safe
- [ ] I cannot trust anyone
- [ ] I cannot trust my own judgement
- [ ] I should have seen it coming
- [ ] It was my fault
- [ ] I should have fought back or done more
- [ ] I am damaged for good
- [ ] I must stay in control at all times
- [ ] If I let people close, I will be hurt
- [ ] My reactions mean I am weak

The belief that affects me most

How strongly do I believe it?

0 — 10 — 20 — 30 — 40 — 50 — 60 — 70 — 80 — 90 — 100

Not at all — Completely

What makes it seem true

What does not fit, or what I would say to someone else in my position

What did I know at the time, and what do I only know now, looking back?

A fairer way of putting it

How strongly do I believe the original version now?

0 — 10 — 20 — 30 — 40 — 50 — 60 — 70 — 80 — 90 — 100

Not at all — Completely

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