Do Your Homework~

**Exercise: “WHAT’S IN YOUR TRAUMA BUCKET?”**

This exercise will take 5-10 minutes.

Here are some common trauma reactions in adults. Circle which have been true for you.

*Please actively seek professional assistance to aide in your trauma recovery*

**BEHAVIORAL**
- easily startled
- jumpy
- on edge
- over-alert to danger
- detached or withdrawn
- fearful or nervous
- anger outbursts
- irritability
- sleep disturbances
- avoiding thinking about trauma
- avoiding people, places, activities, thoughts, feelings, conversations associated with traumatic event(s)

**MENTAL/EMOTIONAL**
- difficulty experiencing emotion
- mentally shut down
- emotionally shut down
- guilty or shameful
- difficulty concentrating
- sad or angry
- flashbacks
- nightmares
- disturbing memories or images

**SOCIAL**
- wanting to isolate from others
- avoiding social interactions
- feeling not understood by others
- strained relationships
- strengthened relationships
- anxiety being with others

**PHYSICAL**
- shallow breathing
- muscle tension
- headaches
- nausea
- hot or cold sweats
- vomiting or diarrhea
- trembling
- fatigue

*Were you exposed to an event(s) that involved actual or threatened death/serious injury OR a threat to the physical safety of yourself/another? (Yes/No)*

*Did your response to the event(s) involve intense fear, helplessness or horror? (Yes/No)*

Adapted from **DSM IV** (American Psychiatric Association), **Healing Trauma** (Peter Levine), **What Doesn’t Kill Us** (Stephen Joseph)