

HISTORY OF CHILDHOOD RELATIONAL TRAUMA WORKSHEET EXAMPLE

NAME \_\_\_\_\_ AGE \_\_\_\_\_

Type of Trauma	Who Did It	Age	What Happened	Emotions Then	Emotions Now
<i>Physical</i>	<i>Dad</i>	<i>3</i>	<i>Hit me with a belt.</i>	<i>Shame</i>	<i>Anger</i>
				<i>Defective</i>	

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Type of Trauma	Who Did It	Age	What Happened	Emotions Then	Emotions Now
<i>Spiritual</i>	<i>Mom</i>	<i>9</i>	<i>Demanded that I be perfect in church.</i>	<i>Anger</i> <i>Guilt</i>	<i>Anger</i>
<i>Emotional</i>	<i>Mom</i>	<i>12</i>	<i>Told me not to cry when my dad died.</i>	<i>Hopeless</i> <i>Fear</i>	<i>Anger</i> <i>Pain</i>

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Type of Trauma	Who Did It	Age	What Happened	Emotions Then	Emotions Now
<i>Sexual</i>	<i>Brother</i>	<i>9</i>	<i>Fondled me.</i>	<i>Dirty</i> <i>Panic</i>	<i>Shame</i> <i>Pain</i>