

WORKSHEET: TRANSFORMING TRAUMA INTO TRUTH BY SARAH BREWER

Journaling/Reflection Prompts

1. Describe a time when you felt trauma in your mind, body or brain. How did it manifest?

2. What are some negative thoughts you have about yourself? Come up with positive counterarguments.

3. When have you experienced feelings of dissociation? What triggers those feelings?

4. How do you currently show self-love? What is one new way you could show yourself love?

5. What personal truths about overcoming hardship do you want to pass on to others?