

MY TRAUMA CYCLE

WORKSHEET

EXPERIENCE

INTERNAL OR EXTERNAL

HOW DID I
SOOTHE/
VENT

EMOTION

NEED

HOW TO
MEET NEED

SAFETY

TRAUMA

- Historical/
Intergenerational
- Interpersonal
- Single-incident
- Vicarious
- Physical/Medical
- Betrayal

SURVIVAL RESPONSE

- Fight
- Flight
- Freeze
- Frenzy
- Fold
- Fawn

SAFE- HARBORING

- Mirror (deflect)
- Shield (distract)
- Sword (defend)

TEMPORARY BENEFIT

LONG-TERM CONSEQUENCES