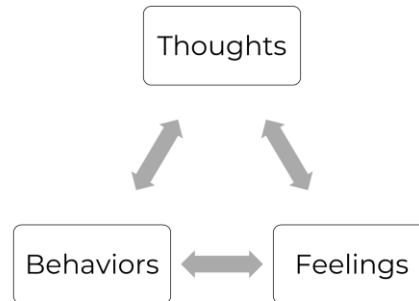


Managing Trauma Reactions



Identify the thought & emotions

Thought:

Emotions:

Challenge the thought. Consider these questions when challenging your stressful thoughts. Pick one question and answer it in the space below.

- What would you tell a friend who had that same thought?
- Do I have evidence, or facts, that suggest that this thought is true? Is false?
- Are there other potential outcomes or possibilities outside of the one I am predicting?
- Is this thought helpful?

Generate a replacement thought