

## Trauma Common Unhelpful and Helpful Thoughts Tool

*The impact of things that happen to us has a lot to do with our thinking. Please check the box next to any unhelpful and helpful thoughts you sometimes have about what happened. Some kids have one or more of these thoughts, or only think this way sometimes. Other kids have none of these thoughts.*

Common <b>Unhelpful</b> Thoughts	Common <b>Helpful</b> Thoughts
<ul style="list-style-type: none"><li><input type="checkbox"/> What happened was my fault</li><li><input type="checkbox"/> I should have done something different</li><li><input type="checkbox"/> What happened means something bad about me</li><li><input type="checkbox"/> I can't trust anyone</li><li><input type="checkbox"/> I should feel embarrassed or ashamed about what happened</li><li><input type="checkbox"/> There is something about me that made this happen</li><li><input type="checkbox"/> I have to watch out for danger all the time</li><li><input type="checkbox"/> My future dreams won't come true</li><li><input type="checkbox"/> Other unhelpful thoughts you have:</li></ul>	<ul style="list-style-type: none"><li><input type="checkbox"/> What happened wasn't my fault</li><li><input type="checkbox"/> I did the best I could with a hard situation</li><li><input type="checkbox"/> What I did made sense at the time</li><li><input type="checkbox"/> I've learned some things from what happened</li><li><input type="checkbox"/> Some good things have come out of a hard situation</li><li><input type="checkbox"/> The event doesn't mean anything bad about me</li><li><input type="checkbox"/> I can trust at least some people for some things</li><li><input type="checkbox"/> I don't need to feel embarrassed or ashamed</li><li><input type="checkbox"/> I can do things to help myself stay safe</li><li><input type="checkbox"/> Other helpful thoughts you have:</li></ul>

*For unhelpful trauma-related thoughts that you have a lot, try filling out a **Unhelpful Thought - Feelings - Actions** triangle to see how the thought might be affecting you. Then, with your counselor, identify the reasons why you think that and then try to come up with more helpful thoughts to have instead. Pay attention to the thoughts you have that are helpful and see how you can make them more common.*

Triggering Situation

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Thoughts:

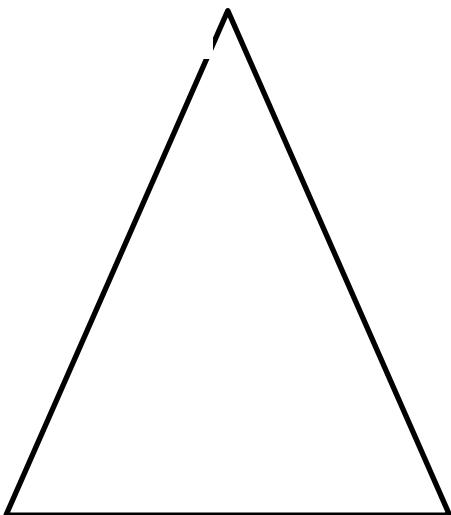
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Behaviors connected to the thought

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Feelings connected to the thought  
Feeling words:

Sensations in my body:

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Rate: 1—2—3—4—5—6—7—8—9—10

## Reasons You Think This:

Triggering Situation

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**Thoughts:**

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**Behaviors** connected to  
the thought

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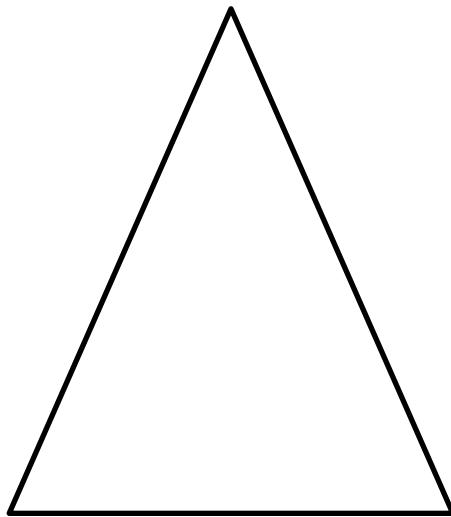
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**Feelings** connected to the  
thought  
Feeling words:

Sensations in my body:

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Rate: 1—2—3—4—5—6—7—8—9—10

## **What you tell yourself if the old thought comes back:**