

Seattle TF-CBT Trauma Narrative Training
Excerpt from “YOUR VERY OWN TF-CBT WORKBOOK”

By Alison Hendricks, Judith A. Cohen, Anthony P. Mannarino,
and Esther Deblinger (Pages 21–26)

TELLING YOUR STORY

You’ve learned a lot so far about upsetting/confusing events, feelings, coping, relaxation, and thoughts. Congratulations! These are all important things that will help you as you begin to tell about the upsetting/confusing event(s) that happened to you. You get to decide where you want to start and how you would like to tell your story (you and your therapist can talk about all the different ways for kids to tell their stories). As you’re telling about what happened to you, your therapist will help you check in on your feelings (using the *“Feelings 1–10”* worksheet on Page 23). If you start feeling strongly upset, you can stop, and your therapist will help remind you of ways to manage your feelings. You’re in charge! Please draw or write below to describe how you feel about starting your story.

YOUR STORY

Now it's time for you to decide how you would like to tell your story. Some kids like to make their own book, while other kids like to express what happened to them using poetry, songs, cartoon strips, puppet shows, radio/talk shows, etc. You and your therapist can talk about creative ways to tell about the upsetting/confusing thing(s) that happened to you. You get to decide what form you want your story to take. Don't forget to use the "*Feelings 1-10*" worksheet (on the next page) for each session!

The title of my story is:

This is how I will create my story:

FEELINGS 1-10

Remember when you used the thermometer to measure your feelings back on Page 9? Each time you meet with your therapist to tell your story, you will name and rate your feelings at the beginning, middle, and end of the session on this paper (make 1 copy of this worksheet for every trauma story session). Please rate your feelings on a scale of 1-10 to describe the intensity of the feeling (1=a little bit, 5=medium, 10=very strong, etc.). You and your therapist will then come up with a plan to help you manage any difficult feelings that may come up between sessions (don't forget to use your *Feelings Survival Kit!*).



Date:

<u>Status</u>	<u>Feeling(s)</u>	<u>Rating</u>
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Beginning of Session		
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Middle of Session		
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End of Session		
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Self-Care Plan:

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YOUR THOUGHTS AND FEELINGS ABOUT THE UPSETTING/CONFUSING EVENT(S)

Remember how we learned that our thoughts are important? Your thoughts related to the trauma affect how you feel. These thoughts can help you feel better more quickly, or they can keep you feeling upset. Let's look at some of your thoughts related to the trauma. Below is a list of questions and thoughts that kids often have after an upsetting/confusing event. You and your therapist can choose which questions you will discuss, and you can add your own questions or thoughts at the end of the list. Then, for each question, you can write down the answer that is most helpful.

1. Why did this happen to me?
2. Who is responsible for the upsetting/confusing event(s)?
3. How will the upsetting/confusing event(s) affect me in the future?
4. How have the upsetting/confusing events affected my family?
5. Since the event(s), my view of the world has changed in these ways:
6. Since the event(s), my view of myself has changed in these ways:
7. Since coming to therapy, I have learned these things about myself:
8. Coming to therapy has changed me and my family in these ways:
7. If I had a friend that went through a similar upsetting/confusing event, I would give him or her this advice:
9. If my friend thought that talking about the upsetting/confusing event would be too hard, I would tell him or her:
- 10.
- 11.
- 12.

BATTLING TRAUMA REMINDERS

Now that you have bravely told your story and talked about your thoughts and feelings, let's talk about trauma reminders. Trauma reminders are things that remind you about the upsetting/confusing event(s). They can include certain places, people, words, sounds, smells, sensations, etc. When you experience these reminders, you may feel unsafe or as if you were living through the upsetting/confusing event(s) over again. But you can use your coping and relaxation skills to gain control over these pesky reminders! **Please draw or write a few of your trauma reminders below.**

Now you and your therapist will come up with a battle plan to conquer each trauma reminder, one by one. Then you can practice in session to gain control over these trauma reminders in your life!

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SHARING YOUR STORY

Great job! You did it! You have been very brave in telling your story and talking about your thoughts and feelings. It can help to share your story or to talk about the trauma(s) with someone you trust. How would you feel about sharing your story with a special someone? Please draw a picture or write about sharing your story or talking about the upsetting/confusing event(s) with your special person.

What are some questions you would like to ask your special person? These can be questions you have about the upsetting/confusing event(s) or a quiz to test how much your special person remembers (about your story, what you have learned in therapy, etc.).

- 1.
- 2.
- 3.
- 4.

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