

## HISTORY OF RELATIONAL TRAUMA WORKSHEET EXAMPLE

Name \_\_\_\_\_ (P.I.T. PARTICPANT) Age \_\_\_\_\_

**Note: Use a different page for each abuser, see tabs below.**

Type of Trauma	Who Did It	Age	What Happened	Emotions Then
<i>Physical</i>	<i>Dad</i>	<i>3</i>	<i>Hit me with a belt.</i>	<i>Shame, Defective</i>
HISTORY OF RELATIONAL TRAUMA WORKSHEET EXAMPLE				
Type of Trauma	Who Did It	Age	What Happened	Emotions Then
<i>Spiritual</i>	<i>Mom</i>	<i>9</i>	<i>Demanded that I be perfect in Church.</i>	<i>Anger, Guilt</i>
<i>Emotional</i>	<i>Mom</i>	<i>12</i>	<i>Told me not to cry when my dad died.</i>	<i>Hopeless, Fear</i>
HISTORY OF RELATIONAL TRAUMA WORKSHEET EXAMPLE				
Type of Trauma	Who Did It	Age	What Happened	Emotions Then
<i>Sexual</i>	<i>Brother</i>	<i>9</i>	<i>Fondled me.</i>	<i>Dirty, Panic</i>
HISTORY OF RELATIONAL TRAUMA WORKSHEET EXAMPLE				
Type of Trauma	Who Did It	Age	What Happened	Emotions Then
<i>Intellectual</i>	<i>Teacher</i>	<i>10</i>	<i>Told me that I was stupid.</i>	<i>Shame, Pain</i>

HISTORY OF RELATIONAL TRAUMA WORKSHEET EXAMPLE				
Type of Trauma	Who Did It	Age	What Happened	Emotions Then
<i>Other</i>	<i>Peer</i>	<i>14</i>	<i>Called me a "Fag".</i>	<i>Shame, Pain</i>

Emotions Now
Anger
Emotions Now
Anger
Anger, Pain
Emotions Now
Shame, Pain
Emotions Now
Pain, Anger

<b>Emotions Now</b>
<i>Shame, Anger</i>