



JOURNAL BACK TO A MORE SOLID FOOTING

IDENTIFY THE TRIGGER

Where were you when you first heard the information you found distressing?

What were you doing?

Who were you with?



FIND A BASE-LINE TO BUILD YOUR RESILIENCE



Describe the emotions that come up when thinking about the triggering information. Use single words and score how strongly you feel them out of 10 below. (E.g. angry, sad, scared)

/10

/10

/10



SOLIDIFY YOUR THOUGHTS



What went through your mind when you first heard the information you find distressing?

What do you remember thinking? What images do you remember seeing in your mind?

(Continue on additional paper if needed)
