

History of Relational Trauma Worksheet - INSTRUCTIONS

- 1. Fill out History of Relational Trauma forms on all your major caregivers who were abusive to you. This includes individuals such as parents, grandparents, older siblings, aunt, uncles, older cousins, step-parents, ministers, priests, nuns, Sunday school teachers, coaches and scout leaders. Also, include strangers who abused you.**
- 2. Use one sheet of paper per person.**
- 3. List all the episodes of one kind of abuse together. List abuse chronologically beginning with the youngest ages of abuse.**
- 4. As you remember other experiences, add them to your list.**
- 5. Record only the time period from birth to 17 years of age.**

HISTORY OF RELATIONAL TRAUMA WORKSHEET Name _____ Age _____

Type of Trauma	Who Did It	Age	What Happened	Emotions Then	Emotions Now

Examples of Early Relational Trauma

Physical | Spiritual | Emotional | Sexual | Intellectual | Other

STORY OF RELATIONAL TRAUMA WORKSHEET EXAMPLE Name: _____ Age: _____

Type of Trauma	Who Did It	Age	What Happened	Emotions Then	Emotions Now
<i>Physical</i>	<i>Dad</i>	<i>3</i>	<i>Hit me with a belt.</i>	<i>Shame, Defective</i>	<i>Anger</i>

STORY OF RELATIONAL TRAUMA WORKSHEET EXAMPLE Name _____ Age _____

Type of Trauma	Who Did It	Age	What Happened	Emotions Then	Emotions Now
<i>Spiritual</i>	<i>Mom</i>	<i>9</i>	<i>Demanded that I be perfect in Church.</i>	<i>Anger, Guilt</i>	<i>Anger</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>	<i>Anger, Pain</i>

STORY OF RELATIONAL TRAUMA WORKSHEET EXAMPLE Name _____ Age _____

Type of Trauma	Who Did It	Age	What Happened	Emotions Then	Emotions Now
<i>Sexual</i>	<i>Brother</i>	<i>9</i>	<i>Fondled me.</i>	<i>Dirty, Panic</i>	<i>Shame, Pain</i>

STORY OF RELATIONAL TRAUMA WORKSHEET EXAMPLE Name _____ Age _____

Type of Trauma	Who Did It	Age	What Happened	Emotions Then	Emotions Now
<i>Intellectual</i>	<i>Teacher</i>	<i>10</i>	<i>Told me that I was stupid.</i>	<i>Shame, Pain</i>	<i>Pain, Anger</i>

STORY OF RELATIONAL TRAUMA WORKSHEET EXAMPLE Name _____ Age _____

Type of Trauma	Who Did It	Age	What Happened	Emotions Then	Emotions Now
<i>Peer</i>	<i>Peer</i>	<i>14</i>	<i>Called me a "Fag".</i>	<i>Shame, Pain</i>	<i>Shame, Anger</i>