

Evidence That Things Are Different Now

Trauma can teach us rules that once helped us survive, but those rules don't always reflect our lives now.
Use this worksheet to notice experiences that show you things can be different.

What Trauma Taught Me

What is something my experiences taught me to expect?

Examples: Saying no isn't safe. Mistakes lead to punishment. Conflict means someone will leave.

Why This Made Sense Then

Why did I learn this rule?

You don't need to describe the trauma itself.

Evidence That Things Are Different Now

What experiences have shown me that this old rule isn't always true anymore?

Example: I said no to someone I trust and they respected my answer.

A More Flexible Rule

Based on what I know now, what is a more realistic belief I can carry forward?

Example: Some people will respect my boundaries, and I can pay attention to who does.

Remember

**You aren't trying to prove that nothing bad will ever happen.
You're looking for evidence that the rules you learned while
surviving don't have to be the rules you live by now.**

More Evidence That Things Are Different Now

Use this page to explore another rule trauma taught you and the experiences that show you things can be different now.

Section 1: What Trauma Taught Me

What did I learn to expect? Example: If I make a mistake, I'll be punished.

Section 2: Why This Made Sense Then

Why did I learn this rule? You don't need to describe the trauma itself.

Section 3: Evidence That Things Are Different Now

What experiences show me this old rule isn't always true anymore?

Section 4: A More Flexible Rule

What is a realistic belief I can carry forward? Example: Making a mistake doesn't automatically mean I'm unsafe.

Remember: Your new rule doesn't have to be completely positive. Aim for something realistic that leaves room for possibilities your old rule didn't.