

Trauma Reminder & Coping Assessment Cards Checklist

AVOIDANCE/DENIAL (mint)

Current Coping Strategy	Rating	Impact	Current Coping Strategy	Rating	Impact
<input type="checkbox"/> Avoid talking about it			<input type="checkbox"/> Avoiding certain situations or places		
<input type="checkbox"/> Avoid thinking about it			<input type="checkbox"/> Telling yourself it wasn't a big deal		
<input type="checkbox"/> Pretending it did not happen			<input type="checkbox"/> Telling others you are ok		
<input type="checkbox"/> Avoiding sleep			<input type="checkbox"/> Avoiding getting close to people		

NUMBING/ESCAPING (orange)

Current Coping Strategy	Rating	Impact	Current Coping Strategy	Rating	Impact
<input type="checkbox"/> Shutting down			<input type="checkbox"/> Sleeping a lot		
<input type="checkbox"/> Not Coping			<input type="checkbox"/> Using drugs, alcohol, or smoking		
<input type="checkbox"/> Zoning out			<input type="checkbox"/> Staying away from home		
<input type="checkbox"/> Eating more than you need					

EMOTIONAL/PHYSICAL RELEASE AND/OR PROCESSING (violet)

Current Coping Strategy	Rating	Impact	Current Coping Strategy	Rating	Impact
<input type="checkbox"/> Playing sports / physical activity			<input type="checkbox"/> Singing/writing songs		
<input type="checkbox"/> Outbursts of emotion or anger			<input type="checkbox"/> Dancing		
<input type="checkbox"/> Making Art, drawing, crafting			<input type="checkbox"/> Writing poetry, journaling, stories		
			<input type="checkbox"/> Crying		

SUPPORT-SEEKING/SELF-CARE (yellow)

Current Coping Strategy	Rating	Impact	Current Coping Strategy	Rating	Impact
<input type="checkbox"/> Praying or religious activities			<input type="checkbox"/> Spending time with people ...		
<input type="checkbox"/> Doing relaxation activities			<input type="checkbox"/> Talking about it with people who care		
<input type="checkbox"/> Asking someone for help			<input type="checkbox"/> Positive self-talk or thought stopping		
<input type="checkbox"/> Listening to or making music			<input type="checkbox"/> Spending time at a park or in nature		
<input type="checkbox"/> Using humor or laughter			<input type="checkbox"/> Behaviors/activities give a feeling of control		

RE-ENACTING (blue)

Current Coping Strategy	Rating	Impact	Current Coping Strategy	Rating	Impact
<input type="checkbox"/> Play fighting or play wrestling			<input type="checkbox"/> Acting mean/aggressive to keep people...		
<input type="checkbox"/> Hurting your body			<input type="checkbox"/> Being mean to yourself/saying your fault		
			<input type="checkbox"/> Seeking out/maintaining toxic friendships		

DISTRACTION (green)

Current Coping Strategy	Rating	Impact	Current Coping Strategy	Rating	Impact
<input type="checkbox"/> Watching lots of tv			<input type="checkbox"/> Playing lots of video games		
<input type="checkbox"/> Being on social media a lot					

SENSORY/ADRENALIN-SEEKING (green)

Current Coping Strategy	Rating	Impact	Current Coping Strategy	Rating	Impact
<input type="checkbox"/> Doing unsafe or risky things			<input type="checkbox"/> Seeking out high drama relationships		
<input type="checkbox"/> Starting Arguments or fights			<input type="checkbox"/> Seeking out high stress relationships		

TRAUMA REMINDERS (List each identified)		SMELLS	
TASTES		CHANGES	
SOUNDS		SENSATIONS	
SIGHTS		FEELINGS	