



**Do You Have
Unresolved Trauma?**
It's okay to get professional care.



PURPOSE
HEALING CENTER

Living with unresolved trauma is like putting on a suit of armor. It might shield you from additional pain but also prevents you from maneuvering through life with ease.



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NOTE:

The information and worksheets in this free PDF are not diagnostic tools. They are intended for self-reflection only. If you need help working through the impact of trauma in your life, please call 480.579.3319 for guidance.



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What Is Trauma?

trauma (noun)

trau·ma:

a disordered psychic or behavioral state
resulting from severe mental or emotional
stress or physical injury

Source: [Merriam-Webster](#)



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Do You Have the Signs of Unresolved Trauma?

Check each box that describes your experiences with trauma.

- Persistent sadness or depression
- Intense, chronic anxiety
- Flashbacks/intrusive memories of the triggering event
- Avoiding the people or places that remind you of it
- Emotional numbness or detachment
- Difficulty trusting people
- Hypervigilance
- Startled easily
- Memory difficulties or unable to focus on tasks
- Social withdrawal or self-isolation
- Substance abuse to cope with traumatic memories
- Headaches, stomachaches, pain since the event

Score your results

0-3 checks: Low trauma impact. Consider seeking help if the symptoms interfere with your life and don't resolve in a few weeks.

4 - 7 checks: Moderate trauma impact. Trauma may cause some disruptions. See a counselor if needed.

8+ checks: High trauma impact. Connect with a licensed therapist to learn coping techniques for the trauma



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What's Your Self Care Plan?

Reflect on your needs and how you'll show yourself some love

Step 1: Identify your needs

Important considerations that can improve your results.

- 1) What areas of your life need some love? (Ex: physical, emotional, social, etc))
- 2) What activities help you feel energized or recharged?
- 3) Are there any areas where you feel stressed or overwhelmed?

Step 2: Make a plan

How will you address the identified needs? Try these ideas:

Physical self-care ideas

- Exercise (yoga, walking, etc)
- Healthier eating
- Better sleep habits

Emotional self-care ideas

- Journal writing
- Attend therapy
- Mindfulness meditation

Social self-care ideas

- Spend time with loved ones
- Join a hobby club
- Set personal boundaries



**QUICK
TIPS**

**Start small and gradually.
Be consistent in your efforts
Prioritize your well-being.
Adjust your plan as your needs change.**



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Call Purpose Healing Center 24/7

