

Trauma Exploration Worksheet

Explore your "exile" part by reflecting and writing about your trauma.

Identify and explain a single traumatic memory.	_
2) Describe how your Exile feels about the trauma:	
3) Explain the trauma from the Exile's point of view:	
4) What does the Exile need to feel safe again?	

Reflect: What insights into your Exile did you gain from this activity?