

STUCK POINT LOG

Use this log to identify, challenge and change the stuck points that keep you struggling with trauma. Share with your therapist.

1) Identify a stuck point you want to work on:

2) List any evidence that supports the stuck point:

3) List any evidence that disproves the stuck point:

4) Based on evidence that proves or disproves the stuck point, write a factual statement about the changed belief.

