

CPT/ABC Worksheets: Impact Statement

Explore how trauma has impacted your beliefs about yourself others, and the world by writing freely. You will write a short paragraph about how the traumatic event has impacted your views; write honestly and from the heart. There are no right or wrong answers.

Explain how trauma has changed your views on your personal safety:

Describe how the traumatic experience has impacted your trust in others:

Write about how trauma has affected your thoughts on power structures:

Explain how the traumatic event has changed your self-worth and relationships with others.



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