LOTUS & TULIP

Free Trauma Worksheets *for Therapists*

Grounding and stabilization starter pack: 6 real pages from the full 20 page set. Client use license included.

For adult and teen clients. US Letter, print or annotate in any PDF app

Window of tolerance · trigger map · 5 senses grounding
grounding toolkit · coping plan · support and contacts

All 20 pages: **etsy.com/listing/4607359387**

How to use this starter pack

Notes for the licensed clinician

Inside (8 pages)

1. Cover
2. How to use this starter pack
3. My window of tolerance
4. My trigger map
5. 5 senses grounding
6. My grounding toolkit
7. Coping plan for hard moments
8. Support and contacts

One way to use it

Start with the window of tolerance, so the client has words for feeling steady, too wound up or shut down. Map a few reminders on the trigger map, then practice 5 senses grounding in session and let the client tick what works on the grounding toolkit. Pull it together on the coping plan for hard moments, filled in while calm, and complete the support and contacts page before the client leaves.

Client use license

You may print and share these pages, on paper or as PDF, with your own clients, in session, as homework or through your telehealth or client portal. Please do not resell them or post the file on other websites; share the link to the free download instead.

Safety first

These are stabilization pages: none of them asks for a detailed trauma account. Go at the client's pace, offer choice on every page and return to grounding if a client becomes overwhelmed. If a client describes thoughts of suicide or self harm, follow your safety protocol. The last page lists the US 988 Suicide and Crisis Lifeline and 911.

Good to know

An educational tool for licensed clinicians and other qualified professionals working with adult and teen clients. It does not diagnose or treat any condition and is not a substitute for professional care.

Designed with the help of an AI generator, then reviewed and edited page by page. All wording is our own.

The full trauma informed set: 18 worksheets, 20 pages

Worksheet	In this pack	Worksheet	In this pack
My window of tolerance	Yes	Beliefs after trauma	Full set
Fight, flight, freeze and fawn	Full set	Who was responsible	Full set
Common reactions after trauma	Full set	A kinder letter to myself	Full set
My trigger map	Yes	My circles of support	Full set
5 senses grounding	Yes	Small steps back into life	Full set
My grounding toolkit	Yes	What helped me survive	Full set
Calm place planner	Full set	Coping plan for hard moments	Yes
Body and breath practice log	Full set	4 week regulation tracker	Full set
Sleep and nightmare log	Full set	Support and contacts	Yes

Full trauma informed set, EUR 10: etsy.com/listing/4607359387 · Treating more than trauma? **Therapist Worksheets Mega Bundle** (8 packs: CBT, DBT, ACT, anxiety, grief, ADHD, kids feelings, notes; trauma set sold separately), EUR 39: etsy.com/listing/4607247979

My window of tolerance

Notice when I am in my window, and when I leave it

Too much: hyperarousal

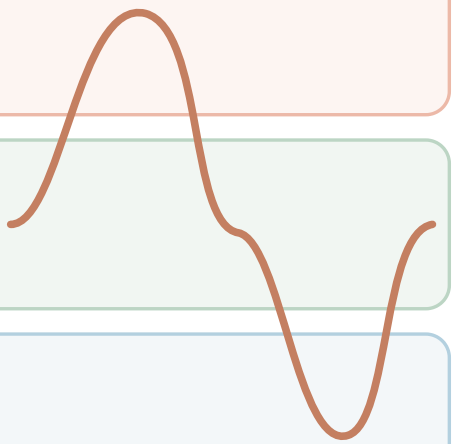
Panic, anger, racing heart, on high alert, can't settle

Window of tolerance

Present, able to think and feel at the same time

Too little: hypoarousal

Numb, foggy, shut down, far away, no energy



Zone	Signs in my body	Signs in my thoughts and actions	What helps me come back
Too much			
In my window			
Too little			

Things that widen my window over time (sleep, routine, people, movement)

Name _____ Date _____

My trigger map

Reminders can bring the past into the present. Mapping them gives me choices

A trigger can be a place, sound, smell, date, tone of voice or body feeling. Distress runs from 0 (calm) to 10 (the most I can imagine).

When and where	Trigger	What I felt in my body	Distress 0 to 10	What I did	What helped

Patterns I notice

Triggers I can prepare for

There is no need to write details of what happened. Focus on the here and now.

5 senses grounding

Bring attention back to the here and now

Go slowly. Say each answer out loud or write it down. It is okay to open your eyes, move, or stop at any time.

5 **Things I can see**

4 **Things I can feel or touch**

3 **Things I can hear**

2 **Things I can smell**

1 **Something I can taste, or one kind thing to say to myself**

Distress before 0 1 2 3 4 5 6 7 8 9 10

Distress after 0 1 2 3 4 5 6 7 8 9 10

Today is (day, date, place). I am safe enough right now because

My grounding toolkit

Tick what works for me and add my own

Body

- [ ] Feet flat, press into the floor
- [ ] Cold water on hands or face
- [ ] Hold something with texture
- [ ] Stretch, walk or shake out

My own: _____

Mind

- [ ] Name colors or shapes in the room
- [ ] Count backward from 100 by 7
- [ ] Say the date and where I am
- [ ] Describe an object in detail

My own: _____

Soothing

- [ ] Slow breathing, longer out breath
- [ ] A favorite smell or song
- [ ] Wrap in a blanket
- [ ] Text or sit with a safe person

My own: _____

Grounding I can do in public without anyone noticing

Items for a small grounding kit (bag, car, desk)

Tool I tried	Where	Distress before 0 to 10	Distress after 0 to 10	Keep it?

Coping plan for hard moments

Fill in while calm, use when triggered

1. **Notice**
   My early warning signs (body, thoughts, actions)
2. **Name it**
   This is a reminder of the past. I am here, now, in (place).
3. **Ground**
   My first two grounding tools
4. **Soothe**
   Something kind I can do for my body
5. **Reach out**
   Who I can contact, and what I will say

Early warning signs

Grounding tools I will use first

Soothing activities

People I can contact

If I feel unsafe or think about harming myself, I will

In the US, call or text 988 at any time. In an emergency, call 911.

Support and contacts

Fill in with your clinician and keep it close

My clinician and practice contact

People I can reach out to (name and number)

Things that help me on hard days

Questions or notes for my clinician

In the United States, if you are in crisis or thinking about suicide: call or text **988** (988 Suicide and Crisis Lifeline), or chat at 988lifeline.org. In an emergency, call **911**. Outside the US, contact your local emergency number.

Healing from trauma is possible. These pages support, and do not replace, care from a licensed professional.

L&T

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Liked this free printable?

The complete, ready to print version is here:

Trauma Informed Worksheets for Therapists, all 20 pages

Holiday sale on Etsy until Dec 2: about $9.20, was $12

Get it on Etsy

etsy.com/listing/4607359387 | instant digital download

See every page first: lotustulip.com/trauma-worksheets-for-therapists.html

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