Trauma Care Steps

Safety first. Your pace. Your choice. Skills, not forced stories.

Name: _____ **Date:** _____

1. Safety first

Danger or crisis?
Pause. Get help.

2. Your choice

No details needed.
Skip any prompt.

3. Learn reactions

Common reactions make sense.

4. Map window

Too high, too low, steady signs.

5. Ground

5 4 3 2 1, feet, cold water.

6. Menu and cards

Skills in my words, close by.

7. Track triggers

Early signals, what helped.

8. Hard moments

Flashback plan, sleep routine.

9. Review

Leave steady. Plan next step.

What trauma worksheets are and are not

Stabilization and skill practice pages, used with a trained clinician.

Is Present day skills, at your pace	Grounding, window map, triggers, coping
Is not Not a PTSD treatment by itself	Forced disclosure, flooding, a cure
Care Safety plan and clinical care first	Crisis, ongoing abuse, severe dissociation

Skill practice aid only. Does not replace trauma focused therapy.

988 · HOME to 741741 · 911 · DV hotline 1-800-799-7233 / START to 88788

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My Stabilization Plan

Window map, grounding menu, triggers, support, sleep.

Name: _____ **Date:** _____

My window of tolerance

Too high (racing, panic, anger): _____

Steady (I can think and feel): _____

Too low (numb, foggy, far away): _____

A sign I am heading out of my window: _____

My grounding menu

When too high, I can: _____

When too low, I can: _____

Anywhere (bus, work, bed): _____

Grounding object or phrase: _____

Triggers, support, sleep

An early trigger signal I notice: _____

My first step when it starts: _____

People I can contact: _____

After a nightmare I will: _____

If I feel unsafe, I will: _____

Crisis: call or text 988 · Text HOME to 741741 · Emergency: 911

Original layout by Lotus & Tulip, based on published trauma care research. Not therapy.

Free printable from Lotus & Tulip · lotustulip.com/trauma-worksheets.html

Between Sessions Log

Trigger, window state, skill used, notes. No trauma details needed.

Name: _____ **Date:** _____

Day	Trigger or situation	Window	Skill used	Notes
1		High Steady Low		
2		High Steady Low		
3		High Steady Low		
4		High Steady Low		
5		High Steady Low		
6		High Steady Low		
7		High Steady Low		

Trauma care pocket cards (cut out)

Now
This is a memory

Orient
Date, place, I am here

5 4 3 2 1
Senses bring me back

Feet
Press into the floor

Cold
Cool water on hands

Breath
Long slow exhale

Choice
I can pause or stop

Support
Call a safe person

Safety
988 · HOME 741741 · 911

Not a treatment. Processing work belongs in session. If in danger, call 988 or 911.

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L&T

Lotus & Tulip

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The complete, ready to print version is here:

Trauma Worksheets for Therapists

Fillable PDF, 20 pages: window of tolerance, trigger map, grounding toolkit, coping plan and 0 to 10 distress scales

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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