

Chapter 2 Worksheet

This activity is designed to help you understand how childhood trauma may affect you in adulthood.

A. Consider a recent event when you felt a strong emotion like anger, anxiety, or fear. Briefly describe what happened. Is this a recurring theme in your life?

B. Remind yourself that you matter. Tell yourself you are worthy of love and respect and can achieve. Write this down and place it everywhere in your home.

C. Identify a current relationship challenge you are facing. Why do you think it is a struggle?

D. Do you have a couple of ideas about how you can begin to implement change in your life right now?