

Name: _____

Date: _____

TRAUMA AND THE IMPACTS ACROSS ALL LIFE DOMAINS

Understanding the Whole Picture. Supporting Healing in Every Area.



Trauma doesn't just affect one part of life—it can impact every area. This tool helps you explore how trauma can show up in each life domain and identify strengths, supports, and steps toward healing.



DIRECTIONS: For each life domain, check any impacts you experience or have experienced. Then write your strengths, supports, and one step you can take toward healing in that area.

1. PHYSICAL HEALTH
Impacts may include:

- Chronic pain, headaches, stomachaches
- Fatigue or low energy
- Sleep problems or insomnia
- Weakened immune system
- Changes in appetite or eating
- Other: _____

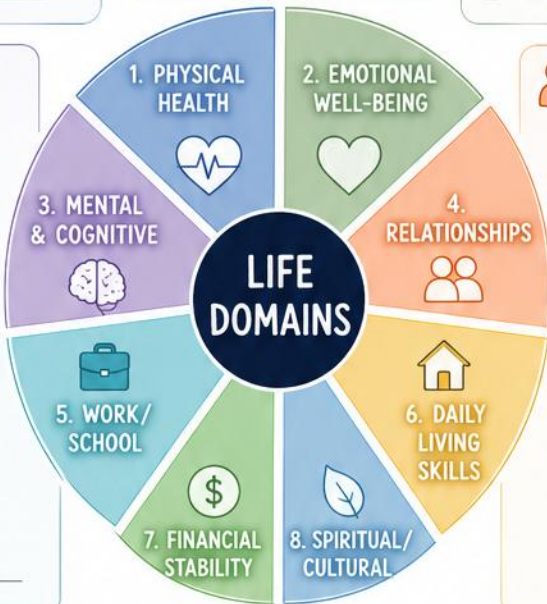
YOUR STRENGTHS
What are you good at?
What has helped you get through hard times?

2. EMOTIONAL WELL-BEING
Impacts may include:

- Anxiety, panic, or constant worry
- Depression or sadness
- Feeling numb or disconnected
- Difficulty identifying or expressing emotions
- Mood swings or feeling easily overwhelmed
- Other: _____

3. MENTAL & COGNITIVE
Impacts may include:

- Trouble concentrating or focusing
- Memory problems
- Racing thoughts
- Negative self-talk
- Difficulty making decisions
- Other: _____



4. RELATIONSHIPS
Impacts may include:

- Trust issues
- Difficulty setting boundaries
- Conflict in relationships
- Feeling lonely or isolated
- Difficulty connecting with others
- Other: _____

5. WORK / SCHOOL
Impacts may include:

- Trouble concentrating or learning
- Absenteeism or tardiness
- Difficulty completing tasks
- Conflict with peers or colleagues
- Fear of failure or perfectionism
- Other: _____

6. DAILY LIVING SKILLS
Impacts may include:

- Trouble with routines or organization
- Difficulty managing time
- Forgetting important things
- Trouble keeping up with responsibilities
- Feeling overwhelmed by daily tasks
- Other: _____

7. FINANCIAL STABILITY
Impacts may include:

- Impulsive spending or avoiding bills
- Trouble budgeting or planning
- Job instability
- Difficulty saving money
- Financial stress and insecurity
- Other: _____

YOUR SUPPORTS
Who or what supports you?
(People, places, activities, communities, resources)

1. _____
2. _____
3. _____
4. _____
5. _____

8. SPIRITUAL / CULTURAL
Impacts may include:

- Loss of meaning or purpose
- Feeling disconnected from beliefs or culture
- Spiritual doubt or confusion
- Feeling like you don't belong
- Disconnection from values
- Other: _____

REFLECTION QUESTIONS

1. Which life domain feels most impacted right now?

2. Which life domain feels strongest right now?

3. What would support look like in your life?

ONE STEP AT A TIME

What is one small step you can take right now to support your healing?

NOTES & THOUGHTS

Healing is not about getting "back to who you were." It's about rediscovering your strength and building a life that supports your whole well-being.

