

THE

Trauma Tree Worksheet

A GUIDED REFLECTION TOOL
FOR HEALING & GROWTH

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WORKSHEET

DISCLAIMER

This worksheet is for personal reflection and educational purposes only. It is not a substitute for professional therapy or medical advice. If you are experiencing distress, trauma-related symptoms, or mental health struggles, please seek support from a licensed mental health professional. Professional guidance can provide additional tools and resources for deeper support.

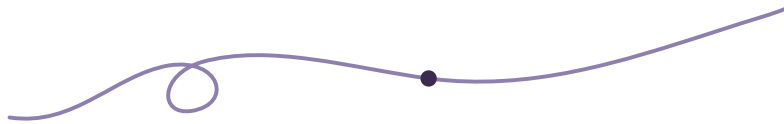
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The Trauma Tree Concept

The Trauma Tree is a powerful metaphor for understanding how past experiences shape us.

Just like a tree, our personal history has deep roots, a trunk representing our core self, branches that extend into various aspects of our lives, and leaves and fruit that symbolize our external experiences, growth, and healing.

This worksheet is designed to help you identify, reflect, and process your experiences in a structured yet compassionate way. It will guide you through exploring different aspects of your trauma and empower you to make conscious choices for healing and growth.



The Origins of Your Trauma

The roots of a tree are buried beneath the surface, just as the origins of trauma often lie deep in past experiences. These may include childhood experiences, past relationships, cultural influences, or significant life events that have impacted you emotionally.

Reflection Questions:

What early life experiences contributed to my trauma?

What negative thoughts, fears, or self-doubts stem from these past experiences?

How do these early experiences continue to affect me today?

Journal Prompt

“The earliest signs of my pain appeared when...”

Core Beliefs & Coping Mechanisms

The trunk represents the foundation of your identity, shaped by past experiences. Over time, trauma can influence our beliefs about ourselves, the world, and others, creating patterns of behavior and emotional responses.

Reflection Questions:

What beliefs about myself have formed due to my trauma? (e.g., “I am unworthy,” “I must always be strong”)

How do I typically react to stress, fear, or emotional pain?

What patterns have developed from these experiences? (e.g., avoidance, people-pleasing, perfectionism, withdrawal)

How do these patterns serve or limit me?

Journal Prompt

“Because of my experiences, I have come to believe that I am...”

How Trauma Affects Daily Life

The branches extend outward, symbolizing how trauma impacts different aspects of our lives. These may include relationships, work, self-esteem, and emotional well-being.

Reflection Questions:

How does trauma influence my relationships with others?

What emotions or behaviors do I struggle with most due to past trauma?

Are there recurring challenges in my life linked to these experiences?

How do I handle conflict or emotional triggers?

Journal Prompt

“My trauma shows up in my life when...”

Positive & Negative Influences in Your Life

Leaves symbolize the elements in your life that either nourish or drain your energy. Some influences help you grow, while others may keep you stuck.

Reflection Questions:

Who or what supports my healing? (Healthy relationships, therapy, self-care practices, spirituality)

What people, situations, or habits hold me back from healing?

What new habits, relationships, or influences can I introduce to support my growth?

Journal Prompt

“The things that help me feel safe and supported are...”

Lessons, Strength, and Growth

The fruit of the tree represents the wisdom, resilience, and growth you have gained. Every experience, no matter how painful, holds the potential for transformation.

Reflection Questions:

What strengths have I developed as a result of my challenges?

What lessons have I learned about resilience and self-worth?

What do I want to cultivate in my life moving forward?

Journal Prompt

“Despite my struggles, I have grown in these ways...”

Self-Care & Healing Strategies

Just like a tree needs nutrient-rich soil to thrive, we need strong foundations of self-care and support to heal.

Reflection Questions:

What self-care practices help me feel grounded and safe?

What boundaries do I need to set to protect my emotional well-being?

What affirmations or reminders can help me through difficult times?

Journal Prompt

“To nourish my healing, I will...”

Visualizing Your Tree of Healing

Now, imagine your Trauma Tree transforming into a Tree of Healing and Growth.

Reflection Questions:

What would my tree look like if it were fully healthy, strong, and thriving?

What changes can I make today to nurture this vision?

How can I show myself compassion as I continue to heal?

ACTIVITY

Draw Your Tree

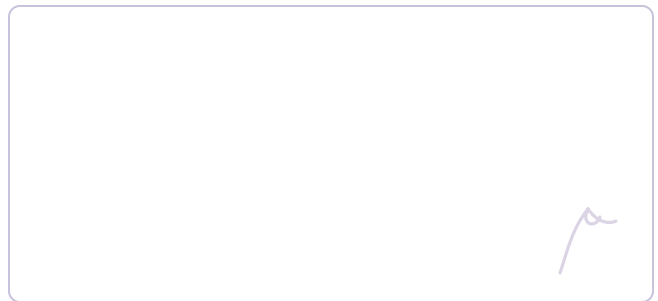
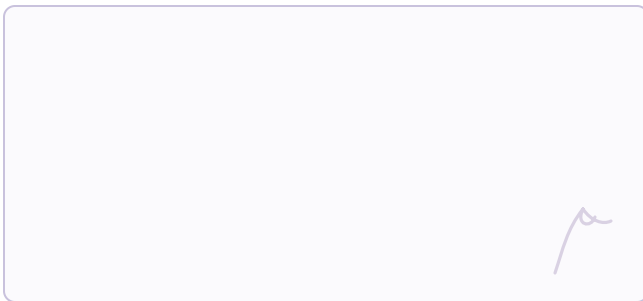
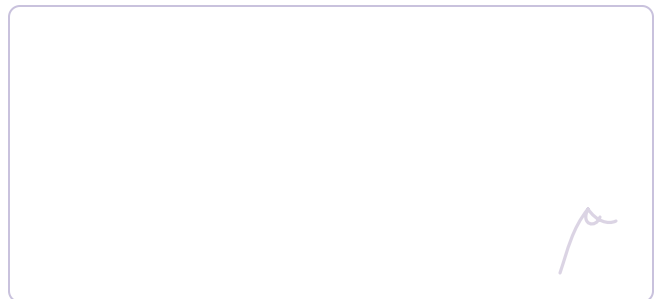
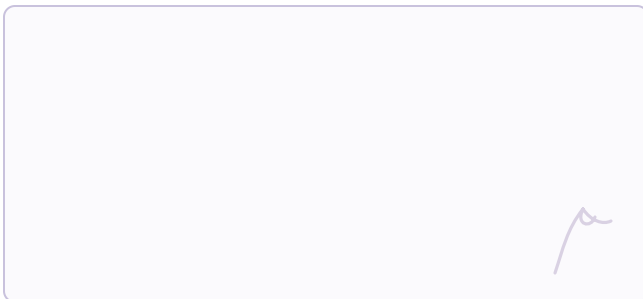
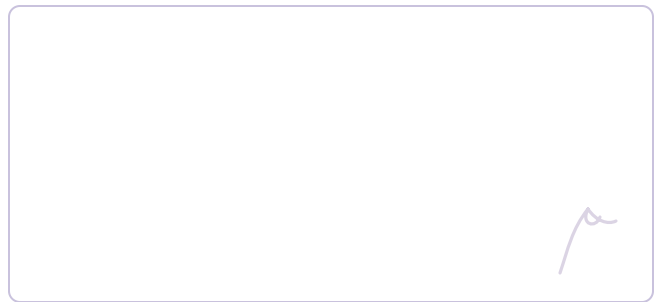
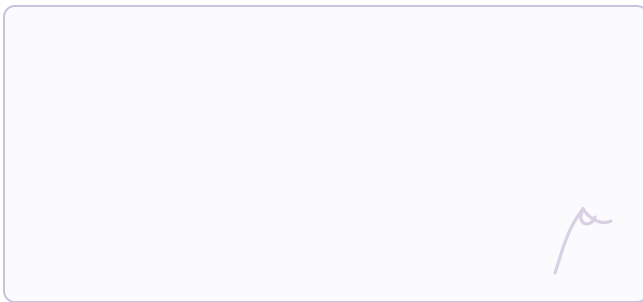
Sketch a tree and label the different sections (roots, trunk, branches, leaves, fruit) with words that represent your healing.



ACTIVITY

Affirmations

Write down affirmations that reinforce your growth and strength.





Closing Thoughts

Healing from trauma is a practice, not a destination. Just as trees weather storms and continue to grow, so too can you. Each step you take, no matter how small, is an act of resilience and self-love. Be gentle with yourself, seek support when needed, and honor your progress.

REMINDER

If any part of this exercise brings up distressing emotions, reach out to a therapist, trusted friend, or support group for guidance and support. You are not alone.