



## **CPTSD Self-Reflection Worksheet**

This worksheet is designed to help you gently explore your nervous system, triggers, safety cues, and boundaries. Move slowly. Skip anything that feels overwhelming.

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### **1. Understanding My Nervous System**

- What does anxiety or activation feel like in my body?
- When I feel triggered, which response shows up most often? (fight, flight, freeze, fawn)
- What situations tend to activate these responses?
- What helps me feel even slightly calmer when this happens?

### **2. My Safety Signals**

- What environments feel safest to me?
- Who in my life feels steady, respectful, and consistent?
- What small daily routines make me feel grounded?
- What sensory things calm me? (music, warmth, texture, scent)

### 3. Emotional Boundaries

- Where in my life do I feel emotionally drained?
- What conversations or people feel unsafe right now?
- What would a small boundary look like this week?
- What does 'no' feel like in my body?

### 4. Gentle Action Plan

- One small grounding habit I will try this week:
- One relationship I will protect my energy around:
- One way I can be kinder to myself when symptoms flare:
- What does progress look like for me right now?

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**Reminder:** Healing from CPTSD is not linear. You are not broken. You are adapting. And every small step toward safety matters.

**Read more at:** [About That Jack](#)

**Listen to the Podcast:** [About That Jack: Healing Out Loud](#)

