

PUTTING THE PAGES BACK TOGETHER

A Trauma Recovery Activity Worksheet

Date: _____



TRAUMA OVERWHELMS THE BRAIN.



DISSOCIATION SEPARATES MEMORIES.



SLOWLY GATHERING THEM...



PUTTING THEM BACK IN ORDER...



BINDING THEM INTO A COMPLETE BOOK.



CONTINUED GROWTH, RESILIENCE, AND A FUTURE OF HOPE.



1. OBSERVE & REFLECT

Look at the illustrations above. Then write or discuss your answers.

♥ What emotions do you notice as the story unfolds?

♥ Which panel stands out to you the most? Why?

♥ What changed from the first picture to the last?

♥ Which image best represents where someone might be in the healing journey?

2. MATCH THE HEALING JOURNEY

Draw arrows to match each picture with its meaning.



- Trauma overwhelms the brain.
- Dissociation separates memories.
- Gathering memories with care and compassion.
- Organizing memories and making sense.
- Integration of memories into a complete story.
- Healing through safety, connection, and time.



3. REFLECTION QUESTIONS

- Why do you think the brain "scattered the pages" after trauma?

- What might "hidden pages" represent? (Check all that apply.)
☐ Memories ☐ Relationships
☐ Emotions ☐ Parts of identity
☐ Physical sensations ☐ Other: _____
- Why isn't healing about throwing the pages away?

- What does it mean for memories to become "organized rather than relived"?

4. THE BOOK OF MY LIFE

Fill in the pages below.



HEALING TIMELINE

Place an X on the line where you think healing happens.

Trauma



Healing

Why is healing gradual instead of immediate?



SAFETY BUILDS INTEGRATION

Circle the experiences that help the brain reconnect scattered pages.



Feeling physically safe



Consistent routines



Supportive relationships



Therapy



Learning coping skills



Mindfulness



Healthy sleep



Exercise



Prayer or meditation



Time



7. GROUP DISCUSSION

If you could give the person in the first picture (one book in the storm) one piece of encouragement, what would you say?



KEY TEACHING POINT

Complete the sentences.

Healing is not about _____

Healing is about _____



TAKE-HOME REFLECTION

Today I learned that healing is...



INSTRUCTOR DEBRIEF

Trauma often fragments memories because the brain is trying to help us survive. Healing is not about pretending the trauma never happened. It is about creating enough safety that the brain can gradually reconnect those scattered pieces into a story that belongs in the past instead of feeling like it is happening in the present. Recovery does not erase the story—it changes our relationship with it. As the pages come back together, people often experience greater clarity, emotional balance, resilience, and hope.

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You are not broken.

Your brain is trying to protect you.

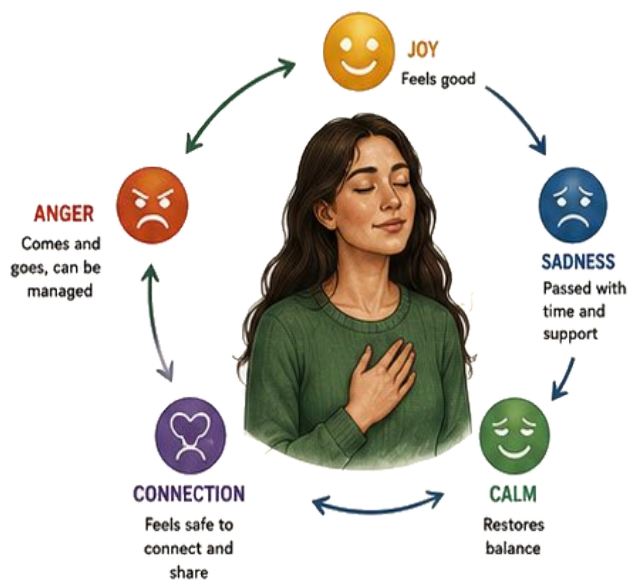
Healing is possible.

WHAT TRAUMA DOES TO EMOTIONS

Trauma changes how we feel, how strongly we feel, and how long emotions last. It impacts the brain, the body, and how we connect with others.

HEALTHY EMOTIONAL RESPONSE

Emotions rise and fall like waves. We feel, process, and move forward.



Emotions are signals. They help us respond, set boundaries, problem solve, and connect.

TRAUMA-AFFECTED EMOTIONAL RESPONSE

Emotions feel overwhelming, unpredictable, and hard to control.



Emotions feel unsafe. The body stays in survival mode, making it hard to cope, connect, or feel stable.

HOW TRAUMA CHANGES EMOTIONAL PROCESSING

HEALTHY RESPONSE



TRAUMA-AFFECTED RESPONSE



COMMON EMOTIONAL IMPACTS OF TRAUMA

- Emotional dysregulation – feelings are intense and hard to manage
- Rapid mood swings – from anger to sadness to numbness
- Heightened sensitivity – easily hurt, startled, or overwhelmed
- Emotional avoidance – shutting down, numbing out, or avoiding feelings
- Difficulty trusting emotions – feeling disconnected from what you feel or need

WHAT'S HAPPENING IN THE BRAIN

AMYGDALA

Overactive alarm system. Detects threats faster and stronger.

PREFRONTAL CORTEX

The thinking brain. It becomes less active, making it harder to regulate emotions, plan, and cope.

HIPPOCAMPUS

Helps with memory and context. Trauma can make emotions feel like they are happening in the present, not the past.

OVER TIME, TRAUMA CAN LEAD TO:

- Chronic anxiety and worry
- Depression and hopelessness
- Anger and emotional outbursts
- Emotional numbness or shutdown
- Difficulty experiencing joy
- Strained relationships
- Low self-esteem and self-blame

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THE GOOD NEWS

The brain and body can heal. With support, safety, and practice, emotions can become less overwhelming and more manageable.

WAYS TO SUPPORT HEALING



YOU ARE NOT BROKEN.

Your brain and body learned to survive. Healing helps you learn to live.



Trauma changes emotions, but healing is possible. You are stronger than what happened to you.

TRAUMA AND PSYCHOSOMATIC SYMPTOMS

When Emotional Pain Becomes Physical Pain

Trauma doesn't stay in memories alone. It affects the brain, nervous system, hormones, immune system, muscles, and organ systems. The body carries stress long after the danger has ended.

HOW IT HAPPENS



Trauma activates the body's stress response.



Adrenaline and cortisol increase.



Muscles remain tense.



The nervous system becomes more sensitive.



Inflammation and stress responses may increase.



The body begins producing real physical symptoms.

WHY DOES THIS HAPPEN?

Think of your nervous system like a smoke detector.

HEALTHY DETECTOR

Goes off during a real fire.



AFTER TRAUMA

Becomes extremely sensitive.



Now it reacts to:

- Burnt toast
- Steam
- Small amounts of smoke

Your body begins responding as if danger is present—even when it isn't.

HEAD & NECK

- Chronic headaches
- Migraines
- Dizziness
- Tinnitus
- Neck pain
- Jaw clenching (TMJ)
- Facial tension



MUSCLES & JOINTS

- Chronic muscle pain
- Back pain
- Fibromyalgia-like pain
- Joint pain
- Muscle spasms
- Trembling
- Restlessness
- Feeling tense all the time



SKIN

- Hives
- Excessive sweating
- Flushing
- Eczema / psoriasis flare-ups
- Itching



NEUROLOGICAL

- Tingling
- Numbness
- Tremors
- Weakness
- Functional neurological symptoms (FND)



IMMUNE SYSTEM

- Frequent colds / infections
- Slower healing
- Increased inflammation
- More flare-ups of chronic conditions



BRAIN & COGNITIVE

- Brain fog
- Difficulty concentrating
- Forgetfulness
- Racing thoughts
- Hypervigilance
- Poor decision-making
- Feeling "stuck"



EYES & EARS

- Notice every sound
- Easily startled
- Sensitive to light
- Uncomfortable with people behind you
- Constantly scanning environment



HEART & CIRCULATION

- Racing heartbeat
- Palpitations
- Chest tightness
- Elevated blood pressure
- Feeling short of breath
- Feeling faint



BREATHING

- Rapid breathing
- Hyperventilation
- Shortness of breath
- Chest tightness
- Sighing frequently



DIGESTIVE SYSTEM

- Nausea
- Stomach pain
- IBS symptoms
- Constipation
- Diarrhea
- Acid reflux
- Appetite changes
- Bloating



SLEEP

- Insomnia
- Frequent waking
- Nightmares
- Light sleep
- Difficulty falling asleep
- Waking tired



FATIGUE & ENERGY

- Chronic fatigue
- Low energy
- Easily exhausted
- Brain fog
- Low motivation



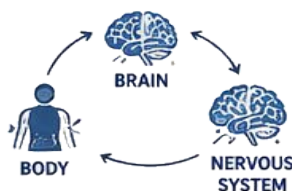
THE PAIN IS REAL

Psychosomatic symptoms are real physical experiences.

They are NOT:

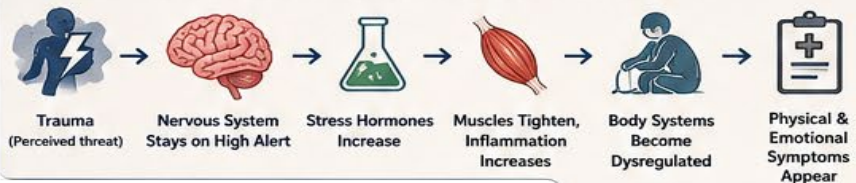
- ✗ Faking
- ✗ Weakness
- ✗ Attention-seeking
- ✗ "Just stress"

They reflect how the brain and body interact under chronic stress and trauma.



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HOW TRAUMA AFFECTS THE WHOLE BODY



THE GOOD NEWS: HEALING IS POSSIBLE

The nervous system is adaptable. With the right support, the body can learn safety again.



Therapy

Trauma-informed therapies help process trauma and reduce symptoms.



Mind-Body Practices

Breathing, mindfulness, and relaxation calm the nervous system.



Movement

Exercise reduces stress and improves mood, sleep, and immunity.



Sleep

Restful sleep helps the brain and body heal and recover.



Nutrition

Balanced nutrition supports brain function, mood, and healing.



Connection

Safe, supportive relationships build resilience and safety.



Medical Care

Medical evaluation and treatment rule out conditions and support recovery.

IN REMEMBER

Trauma affects the whole person. Healing involves caring for both the mind and body—because they are deeply connected.



💖 You are not broken. Your body learned to survive. Now it can learn to feel safe again.

TRAUMA IN THE BODY

When the Body Keeps the Score

Trauma can change the way the brain and body work. These changes are real. They are not a sign of weakness.



HEAD & BRAIN

The brain stays on alert.

- Brain fog
- Difficulty concentrating
- Forgetfulness
- Racing thoughts
- Hypervigilance
- Difficulty making decisions



EYES & EARS

Constantly scanning for danger.

- Notice every sound
- Easily startled
- Watch for exits
- Uncomfortable with people behind you



NECK & SHOULDERS

The body prepares for action.

- Tight shoulders
- Neck stiffness
- Muscle tension
- Pain



BREATHING

Breathing changes with stress.

- Rapid breathing
- Shallow breathing
- Holding breath
- Can't take a deep breath
- Shortness of breath



MUSCLES

Muscles stay tense, ready for action.

- Tight back
- Aches and pain
- Trembling
- Restlessness
- Fatigue



SKIN

Stress can show on the skin.

- Sweating
- Flushing
- Hives
- Eczema / Psoriasis flare-ups
- Nail biting
- Hair pulling



PAIN

Pain can persist even when injuries heal.

- Chronic pain
- Fibromyalgia-like symptoms
- Migraines
- Back pain
- Joint pain



FACE & JAW

Stress shows up here.

- Jaw clenching
- Teeth grinding
- Headaches
- Facial tension



HEART & CIRCULATION

Stress hormones affect the heart.

- Racing heartbeat
- Palpitations
- Elevated blood pressure
- Chest tightness
- Feeling "on edge"



DIGESTIVE SYSTEM

The gut and brain are connected.

- Nausea
- Stomach aches
- IBS symptoms
- Constipation / Diarrhea
- Appetite changes
- Acid reflux



IMMUNE SYSTEM

Long-term stress can weaken immunity.

- Frequent illness
- Slower healing
- Inflammation
- Autoimmune flare-ups (in some individuals)



SLEEP

Trauma affects rest and recovery.

- Trouble falling asleep
- Waking often
- Nightmares
- Restless sleep
- Waking exhausted



ENERGY

The body is in overdrive.

- Exhaustion
- Fatigue
- Low motivation
- Feeling "drained"

EMOTIONAL BODY SIGNALS

"I can't relax."

"My stomach drops."

"My chest feels tight."



"I feel frozen."

"I feel numb."

"My heart won't slow down."

"My whole body hurts."

HOW TRAUMA AFFECTS THE WHOLE BODY



TRAUMA
(Perceived Threat)



Nervous System
Detects Danger



Fight, Flight,
or Freeze
Activates



Stress Hormones
Surge



Body Systems
React



Symptoms Appear
in Body, Mind,
and Emotions



Healing Helps
the Body Return
to Balance

THERE IS HOPE. THE BODY CAN HEAL.



Safety Matters

Feeling safe helps the nervous system calm down.



Regulation Skills

Breathing, grounding, movement, and mindfulness help the body reset.



Supportive Relationships

Connection and trust help the body feel safe again.



Healthy Habits

Sleep, exercise, nutrition, and self-care support healing.



Therapy Helps

Evidence-based treatments can help the nervous system recover.

THE TAKEAWAY



Trauma doesn't live only in our memories—it can live in our bodies.

But healing is possible.

♥ Your body learned to survive. Now it can learn to feel safe, calm, and connected again.



THE IMPACT OF TRAUMA ON THE BRAIN, EMOTIONS & BODY

The Brain Can Heal

HEALTHY, REGULATED BRAIN

Calm - Safe - Connected



PREFRONTAL CORTEX

Thinking Brain

- Decision making
- Impulse control
- Problem solving
- Planning
- Empathy
- Emotional regulation



AMYGDALA

Alarm System

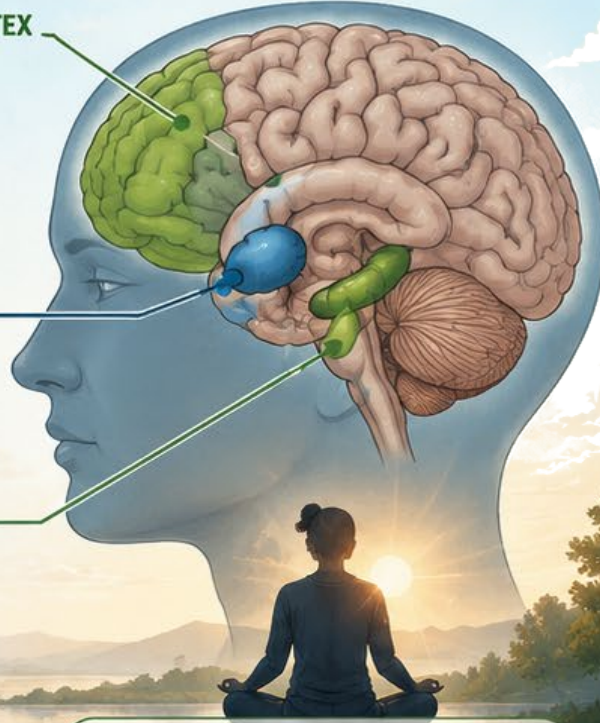
- Detects danger
- Appropriate responses
- Calm and balanced



HIPPOCAMPUS

Memory & Context

- Organizes memories
- Distinguishes past from present
- Learning and recall



Nervous System Balanced

Flexible • Resilient • Regulated



I feel safe. I can handle this.



Calm, confident, connected, in control



Pause, think, choose, communicate



Relaxed body, steady breathing,
good sleep, healthy energy

THOUGHTS

EMOTIONS

BEHAVIORS

BODY



I feel unsafe. I need to protect myself.



Fear, anger, anxiety, shame, numbness



React, avoid, shut down, isolate, or explode



Tension, rapid heartbeat, shallow breathing,
poor sleep, chronic pain, fatigue

TRAUMA-AFFECTED BRAIN

On High Alert - Unsafe - Disconnected



PREFRONTAL CORTEX

Thinking Brain

- Less active
- Harder to think clearly
- Poor impulse control
- Difficulty planning
- Trouble regulating emotions



AMYGDALA

Alarm System

- Hyperactive
- Sees danger everywhere
- Triggers easily



HIPPOCAMPUS

Memory & Context

- Smaller volume over time (on average)
- Hard to organize memories
- Past feels like present



Nervous System Dysregulated

Overwhelmed • Stuck • Exhausted

WHAT THIS CAN LOOK LIKE



• Hypervigilance



• Startle easily



• Anger outbursts



• Flashbacks



• Difficulty trusting



• Trouble concentrating



• Self-blame

THE BRAIN CAN CHANGE.



HEALING IS POSSIBLE.



Safe Relationships



Therapy



Skills



Self-Care



Hope

You are not broken. You adapted to survive. Now you can heal and thrive.

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Trauma and the Nervous System

Your nervous system is designed to keep you safe. Trauma can trap you in survival mode.

Healing helps your body remember: You are safe now.

HYPERAROUSAL

Fight or Flight

The alarm system is ON HIGH.

Your body prepares to fight or run from danger.

-  Racing heart
-  Fast breathing
-  Muscle tension
-  Hypervigilance
-  Anger, anxiety, irritability
-  Poor sleep



"I need to protect myself."

WINDOW OF TOLERANCE

The Optimal Zone

Balanced. Regulated. Present.

Your body and mind work together. You feel safe enough to connect, think clearly, and respond.

-  Calm heart rate
-  Easy breathing
-  Clear thinking
-  Emotional balance
-  Able to connect
-  Sense of safety



"I can handle this. I am safe."

HYPOAROUSAL

Freeze or Shutdown

The system shuts down.

Overwhelmed or unable to respond.

-  Exhaustion
-  Numbness
-  Disconnection
-  Brain fog
-  Hopelessness
-  Oversleeping or insomnia



"I can't. I'm too overwhelmed."



Triggers can push you OUT of your window.

The goal is not to never react, but to **return to balance** more easily.

Trigger Detected



Nervous System Activates



Body Responds (Fight, Flight, or Freeze)



With Support and Practice



Return to Regulation



HOW TRAUMA AFFECTS THE BODY

-  Stress hormones stay elevated (cortisol, adrenaline)
-  Heart works harder
-  Inflammation increases
-  Immune system weakens
-  Digestion slows or stops
-  Sleep becomes disturbed
-  Muscles stay tight
-  Chronic pain may develop

THE NERVOUS SYSTEM CAN HEAL

-  Brains are flexible (neuroplastic).
-  Safety rewires the brain.
-  Consistent practice builds new pathways.
-  Healing is a process, not a race.



TOOLS THAT HELP REGULATE



Breathe Slowly



Name What You Feel



Ground Your Body



Practice Self-Compassion



Move Your Body



Prioritize Sleep



Connect with Others



Eat Nourishing Food

You are not broken. | You are human. | Your body learned to survive. | Now it can learn to thrive.

IMAGINE THE BRAIN AS A CITY CONNECTED BY HIGHWAYS

IN A HEALTHY, INTEGRATED BRAIN



HIGHWAYS ARE OPEN

Clear roads allow connections to flow.



INFORMATION FLOWS FREELY

Traffic moves smoothly across the city.



MEMORY, EMOTION, BODY AWARENESS, AND REASONING COMMUNICATE EFFICIENTLY

All neighborhoods work together.



EMOTION
Feeling and responding



MEMORY
Storing and remembering experiences



REASONING
Thinking, planning and problem solving



BODY AWARENESS
Noticing sensations and staying present

WELL CONNECTED

Clear communication.
Balanced and flexible.
Information gets
where it needs to go.

EVERY PART
WORKS TOGETHER
FOR LEARNING,
SAFETY, AND
WELL-BEING.

IN A DISSOCIATED BRAIN



BRIDGES ARE TEMPORARILY CLOSED

Important connections are blocked.



TRAFFIC IS DIVERTED

Routes change to avoid overwhelm and danger.



NEIGHBORHOODS BECOME ISOLATED

Parts of the brain are disconnected from each other.



COMMUNICATION SLOWS OR STOPS

Information struggles to get through.



EMOTION
Feeling and responding



MEMORY
Storing and remembering experiences



REASONING
Thinking, planning and problem solving



BODY AWARENESS
Noticing sensations and staying present

DISCONNECTED

Communication is blocked.
Overwhelm shuts down
important pathways.
The brain is protecting you.

NOTHING IS
PERMANENTLY
"BROKEN."

The brain has
temporarily rerouted
communication to
maximize survival.

WITH SAFETY, SUPPORT, AND TIME...

Roads can reopen. Bridges can rebuild. Connections can strengthen.
The brain's city can become integrated again.

HEALING IS POSSIBLE. CONNECTION CAN BE RESTORED.



Erikson's Developmental Stages

The Needs That Must Be Met at Each Stage

STAGE	AGE RANGE	PSYCHOSOCIAL CONFLICT	NEED THAT MUST BE MET	WHAT HAPPENS IF NEED IS MET	WHAT HAPPENS IF NEED IS NOT MET
1 Infancy Trust vs. Mistrust 	0 – 18 months	Can I trust the people who care for me?	 Reliable, loving care Consistent nurturing, feeding, comfort, and protection	 Develops a sense of trust and security	 May develop fear, suspicion, and insecurity
2 Early Childhood Autonomy vs. Shame and Doubt 	18 months – 3 years	Can I do things for myself?	 Encouragement and choice Support for independence, exploration, and self-control	 Develops willpower, self-control, and independence	 May develop shame, doubt, and a sense of inadequacy
3 Preschool Age Initiative vs. Guilt 	3 – 6 years	Is it okay for me to take initiative and make plans?	 Encouragement and support Praise, involvement, and opportunities to lead and try new things	 Develops purpose, initiative, and confidence	 May develop guilt and hesitation to take initiative
4 School Age Industry vs. Inferiority 	6 – 12 years	Can I succeed at tasks and be proud of my work?	 Recognition and guidance Positive feedback, clear expectations, and opportunities to learn	 Develops competence, self-discipline, and pride in achievement	 May develop feelings of inferiority and inadequacy
5 Adolescence Identity vs. Role Confusion 	12 – 18 years	Who am I, and what do I believe in?	 Support and acceptance Freedom to explore, guidance, and acceptance of individuality	 Develops a strong sense of identity and direction	 May develop confusion about self and uncertainty
6 Young Adulthood Intimacy vs. Isolation 	18 – 40 years	Can I form close, loving relationships with others?	 Emotional connection Opportunities for love, commitment, and meaningful relationships	 Develops intimacy, connection, and mutual relationships	 May develop isolation, loneliness, and emotional distance
7 Middle Adulthood Generativity vs. Stagnation 	40 – 65 years	Can I contribute to the well-being of others and future generations?	 Meaning and contribution Opportunities to give, mentor, create, and make a difference	 Develops a sense of purpose, productivity, and legacy	 May develop stagnation and a feeling of unfulfillment
8 Late Adulthood Integrity vs. Despair 	65+ years	Was my life meaningful?	 Reflection and acceptance Opportunities to reflect on life, find meaning, and feel a sense of completion	 Develops wisdom, satisfaction, and a sense of integrity	 May develop regret, despair, and dissatisfaction



Erikson believed that healthy development depends on having our basic needs met at each stage. When needs are met with support and understanding, we grow in strength, resilience, and emotional well-being throughout life.

Key Takeaway

At every stage of life, people need to feel safe, valued, capable, and connected.





Healing Unmet Needs

HOW THERAPY HELPS MEET WHAT WAS MISSING

Healthy development is possible at every stage.



Therapy provides a safe relationship where needs can be met, healing can happen, and new patterns can grow.

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ERIKSON STAGE (AGE RANGE)	UNMET NEEDS MAY LOOK LIKE...	THERAPY HELPS BY PROVIDING...	THERAPEUTIC APPLICATIONS	THE NEED GETS MET THROUGH...
1 Trust vs. Mistrust (Birth–18 months) 	• Fear of people • Trouble trusting • Feeling unsafe • Expecting rejection	 A safe, consistent, and reliable therapeutic relationship.	 • Building rapport & safety • Co-regulation • Validation & empathy • Trauma-informed care	 Experiencing safety and emotional availability, building trust in self and others.
2 Autonomy vs. Shame & Doubt (18 months–3 years) 	• Feeling ashamed • Doubting self • Overly dependent • Fear of making choices	 Encouragement, choices, and respect for independence.	 • Empowerment • Strengths-based work • Encouraging choices • Celebrating progress	 Developing self-trust, confidence, and the belief “I can do things.”
3 Initiative vs. Guilt (3–6 years) 	• Feeling guilty • Afraid to try • Suppressing ideas • Fear of mistakes	 Permission to explore, express, and take healthy initiatives.	 • Play therapy / creativity • Solution-focused work • Positive reinforcement • Normalizing curiosity	 Building confidence, curiosity, and the belief “It’s okay to try and explore.”
4 Industry vs. Inferiority (6–12 years) 	• Feeling “not good enough” • Comparing self to others • Fear of failure • Low self-esteem	 Recognition, feedback, and support for achievements.	 • Cognitive restructuring • Skill-building • Goal setting • Positive feedback	 Developing competence, self-discipline, and pride in personal accomplishments.
5 Identity vs. Role Confusion (12–18 years) 	• Confused about self • Seeking approval • Hiding true self • Lack of belonging	 Acceptance, exploration, and support for self-discovery.	 • Identity exploration • Narrative therapy • Unconditional positive regard • Values clarification	 Developing a strong sense of self, values, and the courage to be authentic.
6 Intimacy vs. Isolation (18–40 years) 	• Fear of closeness • Isolation • Trust issues • Difficulty connecting	 A supportive relationship modeling healthy connection.	 • Relationship skills • Attachment work • Communication training • Vulnerability & trust	 Building intimacy, connection, and meaningful relationships.
7 Generativity vs. Stagnation (40–65 years) 	• Feeling stuck • Lack of purpose • Not making a difference • Empty or unfulfilled	 Purpose, encouragement, and opportunities to contribute.	 • Values & purpose work • Strengths & legacy work • Mentoring & volunteering • Meaning-centered therapy	 Experiencing purpose, contribution, and the satisfaction of making an impact.
8 Integrity vs. Despair (65+ years) 	• Regret • Disappointment • Feeling life lacks meaning • Fear of death	 Reflection, acceptance, and meaning-making.	 • Life review therapy • Forgiveness work • Acceptance & gratitude • Spiritual exploration	 Finding peace, integrity, and acceptance of a meaningful life.



Healing Happens in Relationship

Therapy is a collaborative journey where your story is honored, your needs are validated, and your growth is supported.



You are not too late.
Every stage is an opportunity to heal and grow.



My Commitment

One need I will begin meeting for myself today is:





Understanding My Unmet Needs

Erikson's Developmental Stages Reflection Worksheet



Instructions: Many emotional patterns begin in childhood. This worksheet helps you explore the needs that may not have been fully met—and how you can meet them today.

Name: _____

Date: _____

STAGE & AGE	CORE NEED	DID THIS NEED GET MET? 1 = Not at all 5 = Completely	SIGNS IT WAS NOT FULLY MET (CHECK ALL THAT APPLY)	HOW I CAN MEET THIS NEED TODAY
1 Trust vs. Mistrust Birth–18 Months 	 Safe, consistent, loving care	1 2 3 4 5 ☐ ☐ ☐ ☐ ☐	☐ Care was inconsistent ☐ I often felt alone ☐ I did not feel safe ☐ Basic needs were not met	 Today I can build trust by: _____ _____
2 Autonomy vs. Shame & Doubt 18 Months–3 Years 	 Encouragement, healthy independence, patience	1 2 3 4 5 ☐ ☐ ☐ ☐ ☐	☐ I was criticized often ☐ I was made to feel ashamed ☐ I was overly controlled ☐ My choices were not respected	 Today I can strengthen autonomy by: _____ _____
3 Initiative vs. Guilt 3–6 Years 	 Encouragement to explore, create & take initiative	1 2 3 4 5 ☐ ☐ ☐ ☐ ☐	☐ I felt guilty for expressing myself ☐ I learned to stay quiet ☐ My ideas were ignored ☐ I feared making mistakes	 Today I can develop initiative by: _____ _____
4 Industry vs. Inferiority 6–12 Years 	 Praise, learning, accomplishment & effort	1 2 3 4 5 ☐ ☐ ☐ ☐ ☐	☐ I felt “not good enough” ☐ I was compared to others ☐ I did not receive encouragement ☐ I believed I would fail	 Today I can build confidence by: _____ _____
5 Identity vs. Role Confusion 12–18 Years (Adolescence) 	 Acceptance, understanding & identity development	1 2 3 4 5 ☐ ☐ ☐ ☐ ☐	☐ I hid who I really was ☐ I felt rejected ☐ My opinions did not matter ☐ I never felt understood	 Today I can strengthen my identity by: _____ _____
6 Intimacy vs. Isolation 18–40 Years (Young Adulthood) 	 Emotional connection, trust & healthy relationships	1 2 3 4 5 ☐ ☐ ☐ ☐ ☐	☐ I fear closeness ☐ I isolate myself ☐ I struggle to trust ☐ I have difficulty opening up	 Today I can strengthen connection by: _____ _____
7 Generativity vs. Stagnation 40–65 Years (Middle Adulthood) 	 Purpose, contribution & making a difference	1 2 3 4 5 ☐ ☐ ☐ ☐ ☐	☐ I feel stuck ☐ I lack direction ☐ I do not feel needed ☐ I question whether I matter	 Today I can increase purpose by: _____ _____
8 Integrity vs. Despair 65+ Years (Late Adulthood) 	 Acceptance, meaning, reflection & peace	1 2 3 4 5 ☐ ☐ ☐ ☐ ☐	☐ I struggle with regret ☐ I am disappointed with life ☐ I have difficulty accepting my past	 Today I can cultivate peace by: _____ _____

**LOOKING FOR PATTERNS**

Which stage feels like it still affects you the most? _____

Why? _____

**WHAT HELPED ME SURVIVE?**

What strengths helped you get through when your needs were not met?

You did the best you could with what you had at the time. 

**MOVING FORWARD**

One unmet need I will work on this week: _____

One action I will take: _____

One person who can support me: _____



Healing is possible at every stage.
Your needs matter. You deserve compassion, care, and support.

