Trauma Pattern Reflection Sheet

Trauma doesn't always look like one big blow. Sometimes it's a thousand tiny cuts, repeated until your nervous system stopped trusting the world — or yourself.

This sheet isn't about fixing it all at once. It's about seeing your own survival blueprints, the patterns you didn't choose but have been repeating on autopilot.

The goal? To stop pretending it's normal — and start reclaiming what actually is.

What situations, people, or dynamics keep showing up in my life that feel the same?

What role do I keep finding myself in? (Savior, scapegoat, invisible one, people-pleaser, lone wolf, fixer, etc.)

What emotion do I feel most often in these patterns? (Helplessness, guilt, anger, unworthiness, rejection, etc.)

Who taught me that this was normal? (Family dynamics, early influences, religious programming)

When I try to change the pattern, what fear shows up first? (Abandonment, failure, conflict, being seen, etc.)

What does this pattern try to protect me from — and what has it cost me?

If I could rewrite this pattern today, what would it look like instead?