

Questions for trauma workers (volunteer or paid) to ask themselves

How happy am I most of the time? Really?

How do I feel about myself?

Who and what do I love?

How healthy do I feel right now?

Do I seek and accept appropriate help and comfort from others?

How often?

How do I really feel about my work?

What draws me to this type of work? Honestly?

What traumatic/stressful experiences have I had?

Have I integrated these experiences?

Is my rest adequate and satisfying?

Do I often feel loved and appreciated?

What are my fears?

What am I angry about?

What are the sources of my greatest emotional pain?

For what do I feel shame?

For what do I feel guilt?

What do I do with my feelings?

Do I forgive myself?

What gives meaning or purpose to my life?

What are my hopes and dreams?

Do I often feel lonely?

What do I treasure as joys?

How and when do I have fun?

What don't I talk about with anyone?

What do I feel when I look at myself in the mirror?

With whom can I talk about my inner life?

Do I laugh and cry?

Do I create internal psychological safety for myself?

How do I listen to and take care of my body?

Do I consistently implement clear boundaries with others and myself?

How honest am I with myself?

What form of music and movement do I enjoy?

What are my spiritual needs and comforts?

What could I do to be more self-caring?

If I changed three things in my life. What would they be?