Common Responses to Betrayal Trauma Worksheet

You can heal from betrayal trauma.

The first steps toward recovery often include identifying what you have experienced and creating a sense of emotional and physical safety.

Betrayal trauma can affect your emotions, body, thoughts, relationships, and behaviors. Below are some common responses. Take a moment to review the list and place a checkmark next to any responses you have experienced.

Emotional Responses

☐ Shock
☐ Fear
☐ Anxiety
☐ Feelings of panic
☐ Feeling depressed
☐ Feeling hopeless or helpless
☐ Feelings of worthlessness
☐ Powerlessness
☐ Irritability
☐ Feeling emotionally numb
☐ Feeling overwhelmed
☐ Other: _____

Physical Responses

☐ Jaw tightness or clenching
☐ Difficulty sleeping
☐ Oversleeping
☐ Muscle tension
☐ Changes in appetite
☐ Fatigue or low energy
☐ Feeling restless or unable to relax
☐ Other: _____

Cognitive Responses

☐ Feeling like you are in a “fog”
☐ Feeling disoriented
☐ Obsessing over certain details or thoughts
☐ Excessive alertness or hypervigilance
☐ Difficulty concentrating
☐ Replaying events or conversations in your mind
☐ Questioning your memories or perceptions
☐ Minimizing the impact of the experience
☐ Other: _____

Behavioral and Relational Responses

☐ Avoiding spending time with others
☐ Withdrawing from family or friends
☐ Seeking repeated reassurance or information
☐ Checking, monitoring, or searching for answers
☐ Focusing on body image or comparing yourself to others
☐ Avoiding reminders of the betrayal
☐ Difficulty trusting others
☐ Changes in daily routines or self-care
☐ Other: _____

Reflection

What symptoms or responses did you relate to most strongly?

Were there any responses you experienced that were not mentioned above?

Which response is currently having the greatest impact on your daily life?

What helps you feel safer, calmer, or more supported when these responses arise?

Trauma responses are understandable reactions to an overwhelming experience. Identifying them can be an important first step toward creating safety, accessing support, and beginning the healing process.