

Thinking About Trust PTSD Worksheet

Name:

Date:

Trust is a fundamental aspect of our lives, influencing our relationships, self-esteem, and overall well-being. Sometimes, our trust can be shattered due to past experiences, leading to feelings of insecurity and vulnerability. This worksheet aims to help you explore your relationship with trust, identify the factors that have influenced it, and take steps toward rebuilding trust within yourself and others.

Instructions:

- Begin by reflecting on your experiences with trust in the past. Think about situations, events, or people that have affected your ability to trust.
- For each of the following statements, place a checkmark (✓) next to those that apply to your experiences. Be honest with yourself.
- After completing the checkmark questions, respond to the two open-ended questions at the end of the worksheet to delve deeper into your thoughts and feelings.

- I have been betrayed by someone I trusted.
- I have been let down or disappointed by someone I relied on.
- I have experienced physical or emotional harm from someone close to me.
- I have felt abandoned or left alone in a challenging situation.
- I have been taken advantage of by someone I thought I could trust.
- I have been deceived or misled by someone I had faith in.
- I have had someone break promises or commitments to me.
- I have been lied to or manipulated by someone close.
- I have faced disloyalty or lack of support from someone I expected loyalty from.
- I have been hurt by someone through acts of dishonesty or betrayal.
- I have felt that someone close to me did not care about my feelings or needs.
- I have had someone keep significant secrets from me.
- I have had someone forget important events or occasions that mattered to me.
- I have experienced someone taking credit for my accomplishments.
- I have been in situations where someone acted unfairly or competitively against me.
- I have had someone consistently let me down or fail to assist when needed.
- I have been in situations where someone stole important things from me.

- I have encountered situations where someone used my vulnerabilities against me.
- I have felt that someone close to me did not respect my boundaries.
- I have been criticized or judged unfairly by someone I trusted.
- I have experienced a loss of trust due to financial or material issues.
- I have been let down by someone in a professional or work-related context.
- I have felt that someone close to me did not prioritize our relationship.
- I have had someone gossip or spread rumors about me.
- I have faced emotional manipulation from someone I trusted.
- I have had someone consistently dismiss my opinions or feelings.
- I have been the victim of identity theft or cybercrime.
- I have experienced trust issues within a romantic relationship.
- I have had someone close to me engage in addictive or destructive behavior that affected our trust.
- I have felt that someone close to me did not support my personal growth or goals.

Can you describe a specific incident or situation from your past that significantly impacted your ability to trust? How did this experience affect you?

What steps or strategies do you think you can take to begin rebuilding trust within yourself and in your relationships?