## contents

	A Letter to Teens	vi
	A Letter to Parents	i>
Activity 1.	Sharing This Book, or Not	1
Activity 2.	What Is Trauma?	3
Activity 3.	Healing from Trauma	7
Activity 4.	Reacting to Trauma: Fight, Flee, and Freeze	12
Activity 5.	Remembering Trauma	16
Activity 6.	Thinking and Remembering	19
Activity 7.	Avoiding Reminders	23
Activity 8.	Being Jumpy and on Edge	27
Activity 9.	Do You Have PTSD?	30
Activity 10.	Building Support Systems	33
Activity 11.	Talking About Trauma	38
Activity 12.	Asking for Help	42
Activity 13.	Healthy and Unhealthy Coping Skills	46
Activity 14.	Crisis Plans	50
Activity 15.	Breathing Skills	53
Activity 16.	Calming Skills	56
Activity 17.	Relaxation Skills	61
Activity 18.	Soothing Skills	66
Activity 19.	Taking Good Care of Your Body	69
Activity 20.	Activating Helpful Parts of Your Brain	73
Activity 21.	Finding a Safe Space	78

## \* contents

Activity 22.	Making Good Decisions	82
Activity 23.	Building a Container for Trauma	87
Activity 24.	When Feelings Are Overwhelming	90
Activity 25.	Spotting Unhelpful Thoughts	93
Activity 26.	How Thoughts, Feelings, and Actions Are Connected	98
Activity 27.	Thought Records	102
Activity 28.	Accomplishing Things and Having Fun	107
Activity 29.	Stop Avoiding	110
Activity 30.	Are You Ready to Work on Your Story?	115
Activity 31.	Telling Your Story	119
Activity 32.	Adding to Your Story	122
Activity 33.	Checking the Story for Thinking Errors	125
Activity 34.	How Has Trauma Changed You?	127
Activity 35.	Staying Safe	130
Activity 36.	When You Might Need More Support Again	134
Activity 37.	Finding Meaning	137
Activity 38.	Your Real Self	141
Activity 39.	Finish Your Own Story	146