

# Trauma CPR

Use this to briefly explore internal reactions and potential overreactions to a stressor.

## How am I feeling? (even if “just a little”)

- Abandoned
- Accused
- Alone
- Ambushed
- Angry
- Anxious
- Ashamed
- Attacked
- Condemned
- Conflicted
- Confused
- Crushed
- Defective
- Defenseless
- Disposable
- Disrespected
- Distrusting
- Doomed
- Empty
- Exhausted
- Explosive
- Fed Up
- Frustrated
- Guilty
- Happy
- Heartbroken
- Humiliated
- Hurt
- Isolated
- Judged
- Jumpy
- Misunderstood
- Numb
- Off Balance
- Overwhelmed
- Pathetic
- Powerless
- Pressured
- Pretending
- Punished
- Rejected
- Sad
- Shocked
- Stressed
- Stuck
- Stupid
- Unbelieving
- Unclear
- Uneasy
- Unlucky
- Unsafe
- Unsupported
- Untrained
- Unvalued
- Violated

## What happened?

Write or just say it aloud, or record into a phone.

**What is repeating in your brain? Catch the depressing *Shoulda-Coulda-Wouldas, If only's, Now I'll never's...*** There is usually some effort to find a scenario that would have prevented what occurred. Or an eagerness to predict an onslaught of negative consequences. Expose them all! They only have power when they stay in the shadows.

Write or just say it aloud, or record into a phone. Rate each thought from 0-100% for how strongly you believe it.

**Identify contributing factors.** (E.g., tiredness, scatter, overwhelm, threat, inexperience, pressure lack of time or information, fear of offending, untreated traumas, addiction, anxiety, it was planned not random, people in charge were lax or unavailable, lack of resources, no reason to expect it, it was building up and just a matter of time.)

Write or just say it aloud, or record into a phone.

**Catch the unhelpful rhetorical questions (“*New Yorker Syndrome*”).** Spell out any questions like these going on in your head: “*What are you, kidding me? How could I / they DO that? Why me? Why didn't I...?*”

Write or just say it aloud, or record into a phone.

Find logical answers for these (E.g., *No one is kidding me, it really happened.* The real problem is that I don't like it.) This is important because the brain wastes time analyzing what simply needs grieving and eventual acceptance.

**Examine the logic in your reactions, depression, and anxiety.** Are my “facts” possibly only *guesses* and *assumptions*? Are *feelings* dictating my negativity? Are my *absolute certainties* really just *opinions* and *impressions*? Am I dismissing *evidence* that contradicts my views? Has my brain *over-connected dots* and *filled in blanks*? Am jumping to conclusions?

Write or just say it aloud, or record into a phone.

**Identify options.** Am I treating something as *likely* to happen just because it is *possible*? Do I need more information or time to research something? What could make the situation temporarily better? What conversations do I need to have?

Write or just say it aloud, or record into a phone.

**What thoughts are still the worst?** What is a more balanced version of each thought, sticking to facts and exposing guesses?

Write or just say it aloud, or record into a phone.

How much do I believe the new more balanced thought? (0-100%)

How much do I still believe the original thought? (0-100%)

**How am I feeling now?** If earlier each feeling was felt at 100%, how much is each felt now?

- |               |                |                 |               |              |
|---------------|----------------|-----------------|---------------|--------------|
| • Happy       | • Confused     | • Doomed        | • Rejected    | • Unclear    |
| • Angry       | • Unbelieving  | • Defective     | • Unvalued    | • Uneasy     |
| • Frustrated  | • Pressured    | • Pretending    | • Unsupported | • Exhausted  |
| • Explosive   | • Unsafe       | • Stressed      | • Disposable  | • Jumpy      |
| • Isolated    | • Accused      | • Stupid        | • Attacked    | • Anxious    |
| • Abandoned   | • Judged       | • Pathetic      | • Hurt        | • Stuck      |
| • Alone       | • Condemned    | • Humiliated    | • Heartbroken | • Conflicted |
| • Ambushed    | • Overwhelmed  | • Misunderstood | • Sad         | • Punished   |
| • Defenseless | • Violated     | • Distrusting   | • Unlucky     | • Guilty     |
| • Powerless   | • Disrespected | • Empty         | • Crushed     | • Ashamed    |
| • Shocked     | • Off Balance  | • Numb          | • Fed Up      | • Untrained  |

**Do you feel any positives?**

- |              |              |              |               |              |
|--------------|--------------|--------------|---------------|--------------|
| • Surviving  | • Calm       | • Sharpened  | • Resilient   | • Undefeated |
| • Recovering | • Competent  | • Strong     | • Seasoned    | • Realistic  |
| • Processing | • Accepting  | • Fortunate  | • Fixable     | • Validated  |
| • Clear      | • Relieved   | • Blessed    | • Dignified   | • Reflective |
| • Closure    | • Determined | • Humbled    | • Safe        | • Upbeat     |
| • Balanced   | • Fearless   | • Hardened   | • Sane        | • Whimsical  |
| • Human      | • Victorious | • Persistent | • Useful      | • Alive      |
| • Normal     | • Aware      | • Ready      | • Resourceful | • United     |
| • Compassion | • Inspired   | • Comforted  | • Healed      | • Rebuilding |

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