

Talking About What Happened

Objective

To talk about upsetting or stressful situation with someone you trust.

What to Know

Sometimes finding the words to talk about something upsetting can be hard. If you are having difficulties talking about an upsetting or stressful situation, use this worksheet to help you talk about it with someone you trust.

What to Do

First, write down what happened. Describe using as much detail as possible.

When did this happen? Circle your response.

Today Yesterday One month ago One year ago Other: _____

Check off some of the feelings you had when this happened.

___ Scared

___ Sad

___ Alone

___ Embarrassed

___ Upset

___ Angry

___ Anxious

___ Unsafe

___ Ashamed

___ Worried

___ Hurt

___ Other: _____

Could you manage your feelings? Why or why not?

Were any of your feelings overwhelming? Describe.

Did anyone help you? _____ Who? What did they do to help?

Answer the following questions by circling the answers that apply to you.

How frequently did the situation happen?

Once	A few times	Often
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Did you know it was going to happen?

Completely unexpected	Some notice	I was prepared
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How stressful was this for you?

No stress	Some stress	A lot of stress
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How much stress did this cause your family?

No stress	Some stress	A lot of stress
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How much change did this cause?

No change	Some change	A lot of change
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How do you feel now?

I can handle it	I need some help	I really need help
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If you need help or support, describe what you think might help you.

Is there anything else you want to share about the situation? If so, write it down.

Did this exercise make it easier to talk about what happened? Why or why not?

Reflections on This Exercise

How helpful was this exercise? _____
(1 = not very helpful, 5 = moderately helpful, 10 = extremely helpful)

What did you learn from this exercise?
