

Reflecting on Intergenerational Trauma: A Personal Exploration

This worksheet is designed to help you reflect on your experiences of intergenerational trauma, personal triggers, and the ways you can begin to create more safety and connection in your life.

1. Reflecting on Family and Cultural Stories

Consider the stories you were told about danger, survival, and resilience while growing up.

- What stories about safety, threat, or survival were common in your family?
- How have these stories shaped the way you see the world today?
- What messages about danger or security did you inherit from your family or culture?

2. Identifying Triggers and Reactions

Think about moments in your life when you have felt unusually fearful, anxious, or on edge.

- What environments, people, or situations trigger these feelings for you?
- How do you typically respond when you feel unsafe or threatened?
- Are there places or situations where you know you feel safer? What makes those spaces feel different?

3. Recognizing Patterns of Behavior

Sometimes, our behaviors are influenced by unconscious patterns learned during times of stress or trauma.

- What behaviors do you notice in yourself that may be connected to past experiences (e.g., avoidance, hypervigilance, aggression)?

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- How have these behaviors helped you feel safe in the past?
- How might these behaviors limit you today?

4. Creating Moments of Safety and Connection

Safety and connection are essential for healing. Consider how you can create more of these moments.

- What makes you feel safe - physically, emotionally, and socially?
- Who in your life helps you feel safe and connected?
- How can you contribute to creating safety and connection for others?
- How can you build habits that reinforce a sense of safety in your day-to-day life?

5. Moving Towards Healing

Reflect on the steps you can take to reduce the power of intergenerational trauma.

- What would healing from these inherited fears look like for you?
- What practical steps can you take to feel safer in environments that trigger old fears?
- How can you remind yourself that you are safe now, even when old fears arise?
- Who can support you on your healing journey?

6. Final Reflection

Take a moment to consider the following:

- What is one insight you have gained from this reflection?
- What is one small step you can take today to feel safer and more connected in your world?

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If you found this worksheet helpful and would like to explore further, visit DrTonyWeston.com for additional resources and support.

Keep building the skill

A worksheet gives you the map. Repetition is what changes the default.
Here is where to take it next.

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Symptoms are signals.

You are not broken. You are adapting — and capacity can be grown,
a few minutes at a time.