

CPT Activating Event Worksheet

Identify the trauma-related situation or trigger that sparked distress. Recognizing when and how activation happens builds self-awareness and control.

Describe the event or situation that set off a strong reaction today. Focus on facts, not judgments.

What happened? Where were you? Who was there?

What emotions, thoughts, or memories came up?

What did you notice in your body? (heart rate, tension, shaking, nausea)



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