

SESSION

5

LEARNING ABOUT SYMPTOMS AND REMINDERS

SESSION TOOLS

Handout 5.1: The Anxiety Thermometer

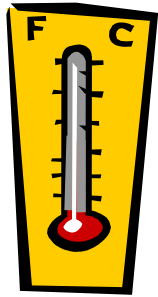
Handout 5.2: Trauma Reminders Worksheet

Handout 5.3: Loss Reminders Worksheet

Handout 5.4: Reminder Graph

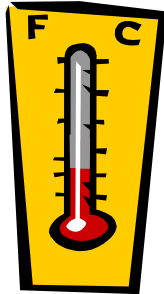
Handout 5.5: How I Cope with Distressing Reminders

The Anxiety Thermometer



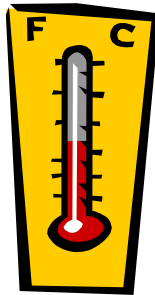
1

**Totally
Relaxed**



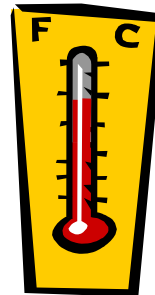
2

**Somewhat
Relaxed**



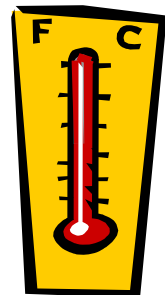
3

**Somewhat
Anxious/Fearful**



4

Very Anxious/Fearful



5

**Extremely
Anxious/Fearful**

HANDOUT 5.2

Trauma Reminders Worksheet

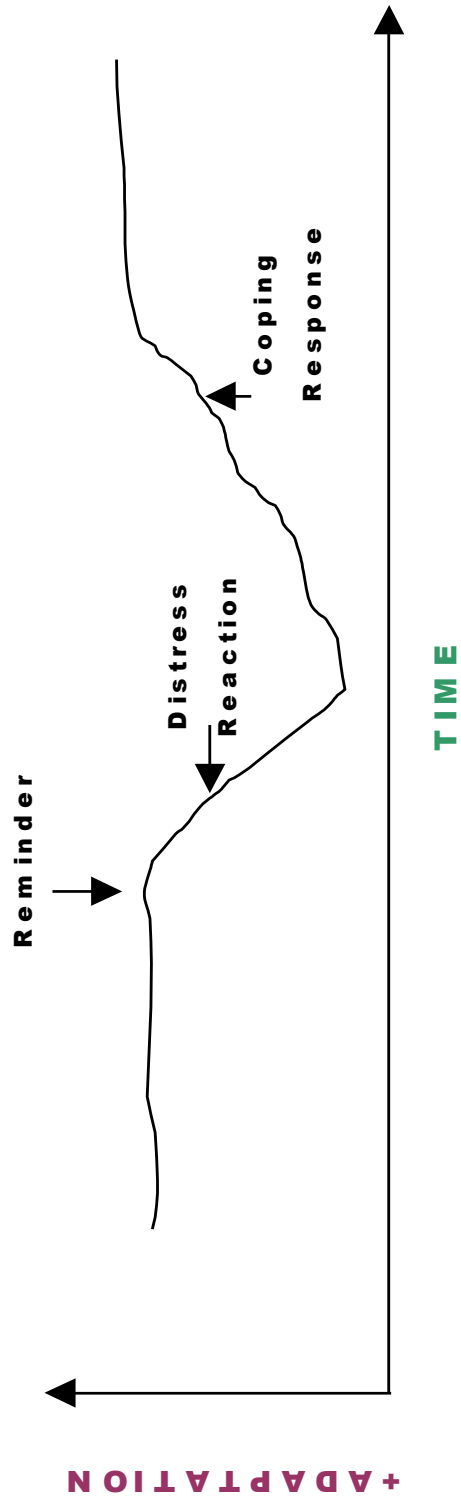
'OUTSIDE' TRAUMA REMINDERS	PERSONAL TRAUMA REMINDERS
<p><u>Person, Place or Situation</u> <i>(e.g., a friend who was with you during the attack, seeing people who were injured, a place at school where someone was hurt or killed, being in crowds or confined situations)</i></p>	
<p><u>Sound, Smell, or Sight</u> <i>(e.g., sirens, school alarms, loud noises, smoke or smell of burning, seeing a scar or a disabled student, seeing a police car or people wearing long dark coats)</i></p>	
<p><u>Time or Date</u> <i>(e.g., the time of the attack, the anniversary of the event)</i></p>	
<p><u>Changes in Routine</u> <i>(e.g., new or stricter rules at home/school, new security measures at school)</i></p>	
<p><u>Activities</u> <i>(e.g., running, doing what you were doing at the time of the attack)</i></p>	
<p><u>Media</u> <i>(e.g., news reports or articles on the attack and aftermath, sad or violent movies, movies with people who look like those involved in the trauma)</i></p>	
<p><u>Re-traumatizing Events</u> <i>(e.g., threats to students, deaths, related court cases, other school attacks, new revelations)</i></p>	
'INSIDE' TRAUMA REMINDERS	PERSONAL TRAUMA REMINDERS
<p><u>Bodily Sensations</u> <i>(e.g., fast heartbeat, heavy breathing, shaky muscles)</i></p>	
<p><u>An Emotion</u> <i>(e.g., feeling scared, sad, guilty, anxious, embarrassed, or angry)</i></p>	
<p><u>A Thought</u> <i>(e.g., thinking about what happened, thinking of a similar situation that reminds you of what happened, thinking "It was my fault")</i></p>	

HANDOUT 5.3

Loss Reminders Worksheet

MISSING REMINDERS		PERSONAL LOSS REMINDERS	
<p><u>Empty Situations</u> <i>Situations in which they used to be present, such as in certain classes or rooms, their bedroom, favorite chair, clothes, or place at the table.</i></p>			
<p><u>Shared Activities</u> <i>Activities that we used to do together, such as playing games, going for walks, doing homework together, and eating meals together.</i></p>			
<p><u>Rituals</u> <i>Activities such as graduations, birthdays, holidays, or other school or family celebrations, award ceremonies, and weddings.</i></p>			
<p><u>Favorite Activities</u> <i>Objects or activities connected to them that remind us of their absence, such as their hobbies, favorite food or music, or favorite sayings.</i></p>			
CHANGED LIFE REMINDERS, such as:		PERSONAL TRAUMA REMINDERS	
Taking on added responsibilities, more chores			
Losing privacy			
Having less money than before			
Moving to a new neighbourhood or school			
Having to make new friends			
Not having someone to help with schoolwork			
Having a surviving parent less available than before			

Reminder Graph



HANDOUT 5.5

How I Cope with Distressing Reminders

PURPOSE

This week's practice exercise is intended to help you increase your awareness of the types of events or circumstances that remind you of your traumatic experiences and losses, and of the ways in which you respond to them.

DIRECTIONS

Select a specific event or circumstance during this week in which you are reminded of a distressing experience you have had. The event or circumstance may be a:

- **Trauma reminder**, which reminds you of what happened during a past traumatic experience; or a
- **Loss reminder**, which reminds you of the ongoing absence of a cherished person, or possession that is now gone from your life, and the things that are missing from your life as a result. The absence may be result of the death or disappearance of a loved one, or due to physical separation from a loved one or cherished possession.

If you encountered BOTH types of reminders this week, pick the most upsetting trauma reminder; if you encountered only loss reminders, pick the most upsetting loss reminder.

First, describe the reminder itself (what happened this week that reminded you):

Second, describe what the reminder consisted of. Did it involve: (check ✓ all that apply)

Things OUTSIDE of Me		Things INSIDE of Me	
<input type="checkbox"/>	Something you saw ? (a person, place, etc.)	<input type="checkbox"/>	Something you were thinking ? (worrying about someone, realizing you were alone, etc.)
<input type="checkbox"/>	Something you heard ? (a siren, loud noise, etc.)	<input type="checkbox"/>	An emotion you felt? (sadness, fear, anger, etc.)
<input type="checkbox"/>	Something you smelled ? (burning, bad odor, etc.)	<input type="checkbox"/>	A bodily sensation ? (muscle tension, heart beating fast, feeling weak, etc.)
<input type="checkbox"/>	Something you tasted ? (bitter, sweet, etc.)	<input type="checkbox"/>	Other: (please describe)
<input type="checkbox"/>	Something you touched ? (hot, rough, etc.)		

Third, answer the following two questions:

To what extent did the event or circumstance remind you of what took place during a past traumatic experience (trauma reminder)? *(check ✓ one)*

- Not at all* *A little* *Somewhat* *Pretty Much* *Very Much*

To what extent did the event or circumstance make you miss the person or cherished possession, and feel his/her/its absence in your current life (loss reminder)? *(check ✓ one)*

- Not at all* *A little* *Somewhat* *Pretty Much* *Very Much*

Fourth, describe your reactions to being reminded:
