



Trauma-informed support for survivors rebuilding after abuse

A Self-Reflection Worksheet

Support does not always need to come from one person.

Many people carrying trauma, burnout, emotional overwhelm or practical pressure become isolated without fully realising it.

Others may feel surrounded by people but still lack emotional safety or meaningful support.

This worksheet is designed to help identify emotional, practical and professional support systems that may help reduce isolation and emotional pressure.

You do not need to carry everything alone.

1. Emotional Support

Emotionally safe support may include people who:

- Listen without judgement
- Respect boundaries
- Reduce anxiety rather than increase it
- Feel emotionally calm and reliable
- Allow honesty without fear or shame

Reflection Space

Who helps you feel emotionally supported, calmer or understood?

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hello@weareunmuted.co.uk

Registered Address: c/o RISC, 35-39 London Street, Reading, RG1 4PS

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2. Practical Support

Practical support may include help with:

- Appointments
- Childcare
- Daily tasks
- Organisation or routines
- Transport
- Paperwork or forms
- Grocery shopping or errands

Reflection Space

Who could support you practically during stressful or overwhelming periods?

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3. Professional & Community Support

Examples may include:

- Support workers
- Counsellors or therapists
- Domestic abuse organisations
- ADHD support groups
- Community groups
- School or workplace support
- Online support spaces

Reflection Space

What professional or community support feels available, helpful or emotionally safe?

4. People Who Increase Stress or Overwhelm

Some relationships or environments may increase:

- Anxiety

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- Emotional exhaustion
- Hypervigilance
- Burnout
- Pressure or emotional instability

Reflection Space

Are there relationships, environments or situations that consistently increase emotional stress or overwhelm?

5. What Kind of Support Do I Need More Of?

Examples may include:

- Emotional support
- Practical help
- Rest and recovery
- Safe social connection
- Boundaries and space

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- Consistency and reliability
- Understanding around trauma or neurodivergence

Reflection Space

What support would help you feel safer, calmer or more emotionally supported?

Reflection

Many people become so used to coping alone that needing support begins feeling uncomfortable, shameful or unsafe.

However, emotional wellbeing often becomes easier to manage when support, care and responsibility are shared rather than carried alone.

Important Reminder

You deserve support that feels:

- Safe
- Respectful
- Compassionate
- Consistent

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- Emotionally supportive

You do not need to earn support by reaching breaking point first.

Support & Further Resources

Building safe support systems can be an important part of healing, recovery and emotional wellbeing.

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Turning silence into understanding through lived experience.

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