



Trauma-informed support for survivors rebuilding after abuse

A Practical & Emotional Support Reflection Tool

Asking for support can feel difficult, especially for people who are used to coping alone, surviving in silence or feeling responsible for everyone else.

Many people wait until they are completely overwhelmed before reaching out.

This checklist is designed to help identify areas where emotional, practical or wellbeing support may help reduce pressure and increase stability.

You do not need to manage everything alone.

1. Emotional Support

Do you currently have:

- ☐ Someone you feel emotionally safe talking to?
- ☐ People who listen without judgement?
- ☐ Support that feels calming rather than overwhelming?
- ☐ Space to speak honestly about how you are feeling?
- ☐ Emotional support outside of crisis situations?
- ☐ People who respect your boundaries and wellbeing?

2. Practical Support

Would support help with:

- ☐ Attending appointments?

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- ☐ Completing paperwork or forms?
- ☐ Organisation or routines?
- ☐ Childcare or parenting pressures?
- ☐ Managing overwhelm or burnout?
- ☐ Grocery shopping, transport or daily tasks?

3. Nervous System & Wellbeing

Have you:

- ☐ Been feeling emotionally overwhelmed lately?
- ☐ Felt burnt out or emotionally exhausted?
- ☐ Struggled to rest or switch off mentally?
- ☐ Felt isolated or unsupported?
- ☐ Felt emotionally unsafe or constantly anxious?
- ☐ Ignored signs you may need more support?

4. Boundaries & Capacity

Do you:

- ☐ Struggle to ask for help?
- ☐ Feel guilty needing support?

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- ☐ Continue pushing yourself when exhausted?
- ☐ Feel responsible for everyone else emotionally?
- ☐ Find it difficult to say no?
- ☐ Often minimise your own struggles?

5. Safe Support Networks

Have you identified:

- ☐ Trusted people you can contact?
- ☐ Professional support services if needed?
- ☐ Emotionally safe environments or spaces?
- ☐ Activities or routines that help you feel calmer?
- ☐ People who reduce stress rather than increase it?
- ☐ Ways to reduce isolation gradually?

Reflection

Support is not only for crisis situations.

Many people carrying trauma, burnout, emotional overwhelm or practical pressure need support long before reaching breaking point.

Needing help does not mean you are weak, failing or incapable.

It means you are human.

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Important Reminder

You deserve support that feels safe, respectful and compassionate.

You do not have to carry everything alone.

Support & Further Resources

Healing and recovery often become more manageable when emotional and practical support are shared rather than carried alone.

WeAreUnmuted

Turning silence into understanding through lived experience.

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