First Approach Skills Training for Trauma (FAST-T)

Workbook for Teens

FAST-T is a brief program for teens who have been through traumatic experiences and continue to be affected by them. FAST-T is meant to be a first step in helping teens heal.

When teens have safety concerns, such as suicidal thoughts or self-harm, those should be treated before starting FAST-T.

For some teens, more support (such as Cognitive Behavioral Therapy for Trauma or Trauma-Focused-CBT) can also be helpful.

Nat Jungbluth, Ph.D. and UW SMART Center

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Tracking Your Progress

To start, fill out the Child Trauma Scale (CTS). The CTS (which has a youth version and caregiver version) is a way to see how trauma is affecting you.

Once you’ve completed the CTS and know your score, put the score on the graph above today’s date. If you have scores from earlier dates you can add those too.

We will track your score to see if what we work on together helps you. If your score isn’t improving by the time we’ve had four meetings, we might consider trying something different.

When a teen scores 6 or higher, or a parent/caregiver scores 8 or higher, this usually means you could use some support. Our goal is to try to get your score as low as possible!

If your score has changed already, what do you think might have made a difference?
Trauma and Posttraumatic Stress

What is trauma?
A trauma is an event or series of events that involve fear or threat. Some examples of trauma are: child abuse, sexual or physical assault, witnessing violence, natural disasters, serious accidents, scary medical procedures, violent crime, being harmed or threatened because of your race or other group you belong to, and the sudden or violent death of a loved one.

What is Posttraumatic Stress (PTS)?
PTS is a reaction to trauma. These reactions can be for trauma that happened to you or someone close to you, or if you saw a trauma happen to someone else.

PTS can include:
- Upsetting and unwanted memories of the trauma
- Nightmares or feeling like it is happening all over again (flashbacks)
- Trying not to think about the trauma
- Avoiding reminders of the trauma even when the reminders are not dangerous
- Having changes in mood such as being scared, confused, sad, ashamed or angry a lot
- Feeling super alert, jumpy, nervous, or on edge
- Trouble sleeping or concentrating
- Blaming yourself for what happened
- Thinking you are a bad person because of what happened
- Not trusting people
- Worry that it will happen again

What causes PTS? Is it normal?
PTS is caused by our memories of the trauma and also our feelings, thoughts and actions when we remember it. Most people have some PTS right after a trauma. Some have stronger reactions than others. For many people, the PTS gets better after a few weeks.

When PTS reactions stick around or seem to get worse, and if they get in the way of doing things that are important to you, it can help to talk to a counselor or therapist. Even if you have had PTS for a long time, it is still possible to get better!

What helps with PTS?
Teens and parents/caregivers can check out the FAST-T 2-pager handout for a starter list of things you can do to help with PTS problems. If you are interested in meeting with a counselor, check out pages 4-5 below to plan what you might work on together.
FAST-T Menu: Let’s Make a Plan for 4-8 Meetings

Here are some things teens do in counseling that can help after a trauma. You can choose, or let your counselor choose which ones to try based on what they have learned about you and your goals. You can include a parent or caregiver in any activities if you want.

**Recommended Topics**

- **If needed: Plan for safety (page 6)**
  If you are still in danger in some way, make a plan for how to stay safe in situations that might come up.

- **Learn information that helps you heal (page 7)**
  You’ll learn you aren’t alone and your reactions are understandable. *(If you want, you can do this activity with a parent or caregiver between meetings)*

- **Learn ways to deal with hard feelings (page 8-9)**
  Learn skills for coping with strong emotions, getting calm when you need to, and doing things to improve your mood if you are feeling down. *(1 meeting)*

- **Change how you remember the trauma (pages 10-16)**
  Learn to think about your trauma in new ways that are less painful. *(3 meetings)*

**Other Helpful Topics** *(These can also be done independently)*

- **Overcome trauma reminders (page 17-19)**
  After a traumatic event, teens sometimes get upset by normal, safe things that trigger bad memories. Make a plan to practice facing safe reminders to gradually feel less upset by them.

- **Deal with problems caused by the trauma (page 20-21)**
  Make a plan together for how to deal with challenging situations caused by the trauma.

- **Improve my sleep (22-23)**
  Learn ways to sleep better and deal with bad dreams.

- **Make my life better (page 24-26)**
  Make a plan to change your life in ways that matter to you.

- **Stay connected (page 27-28)**
  Build or rebuild trust and connection with family or friends.

- **Plan for other life stress (page 20-21)**
  Make a plan together for how to deal with other stressful things going on in your life.

- **Other things you’d like help with?**

Parents and other caregivers – check out the next page for some ways you could be involved.
Let’s Make a Plan – Parents/Caregivers

Below are topics parents and other caregivers can work on to help kids, teens and themselves recover after trauma. You can do these on your own or together with a FAST counselor.

- **General tips for supporting youth after trauma**
  Learn some good overall strategies for helping teens heal.

- **How to stay connected**
  Making time for activities together helps keep your connection strong, which is important after trauma.

- **Get new perspectives on what happened**
  Learn and understand more about what your teen went through, and why their behavior and reactions make sense.

- **Address your own concerns or strong feelings about what happened**
  Parents and caregivers often have upsetting thoughts and feelings. This section gives some strategies that can help.

- **Support your teen when the trauma involves racism**
  Help your teen find ways to cope and feel proud of who they are.

- **Other things you’d like help with?**

  ___________________________________________________________
  ___________________________________________________________

These topics are covered in the Caregiver FAST-T Workbook.
Are there Safety Concerns to Address?

After a trauma, many teens feel scared even after the danger is over and they are actually safe. Feeling scared even when you are safe is a normal reaction to trauma that FAST-T can help with (check out the section on trauma reminders).

But sometimes teens who go through trauma still face real dangers. One example is if you have a reason to think that someone who hurt you in the past might try to hurt you again. Another example might be if there are dangers in your community because of your race or identity.

Are there things that make you feel unsafe right now? What do you worry could happen?

Are there any plans in place already to keep you safe? What has been done already (if anything) to protect you?

Are there unsafe situations that could come up that we should make a plan for? List all the situations you might need a plan for:

With your counselor, start making a plan for each situation, and write it down. If you need to include parents, other caregivers, teachers, school administrators, or other authorities, you can include them also.

Be sure to practice any parts of your plan that could be tricky to do when you are stressed out!
Learn Helpful Information about What You Experienced

Traumatic events, and the reactions we have to them, can be confusing. Try to answer the questions in the box using the links below, or by searching online at a reputable website such as the National Child Traumatic Stress Network (NCTSN).

First, is there a name for the trauma you went through? What is the definition?

Is your trauma common? How many kids or teens experience this?

What are some common reactions kids and teens have to the trauma you experienced?

Are there other questions you have about what you went through?

Physical abuse (Click to access pdf)
Sexual abuse (Click to access pdf)
Teen sexual assault (Click to access website)
Teen dating violence/abuse (Click to access website)
Domestic violence (Click to access website)
Community violence (Click to access website)
Trauma experienced by gang-involved youth (Click to access pdf)
Medical trauma (Click to access website)
Natural disaster trauma (Click to access website)
Refugee related trauma (Click to access website)
Racial trauma (Click to access website)
Traumatic Grief (Click to access pdf)
Learn New Ways to Deal with Hard Feelings

What hard feelings have you been having in the past 2 weeks? Try to name them:

List some of the situations that you’re in when these hard feelings come up:

Next, let’s look at the ways you ALREADY cope when stress or big feelings come up. Try to think of all the different things you do when you feel upset. See if they fit in one of these categories.

Healthy coping
These ways of coping work well and are good for me.

OK coping
These get me through tough times but they aren’t particularly healthy.

Unhealthy coping
These might help me avoid or manage strong feelings, but they have a cost.

Are there any ways of coping you’d like to try to give up or replace with something healthier?
Here are some healthy coping ideas many teens use...
Are there any you’d like to try out?

<table>
<thead>
<tr>
<th>Reduce Intense Feelings</th>
<th>Relax/Reset</th>
<th>Deal With the Stressor</th>
</tr>
</thead>
<tbody>
<tr>
<td>✗ Deep breaths</td>
<td>✗ Progressive muscle relaxation</td>
<td>✗ Talk to someone about what is going on (It’s ok to say if you just want them to listen or if you want advice.)</td>
</tr>
<tr>
<td>✗ Take a break from what is stressing you out and (if you have to) come back to it later</td>
<td>✗ Deep breathing</td>
<td>✗ Think about steps you could take. Make a plan.</td>
</tr>
<tr>
<td>✗ Intense physical activity (jumping jacks, high knees running in place, push-ups, plank, etc.)</td>
<td>✗ Calming activity, like art or coloring book</td>
<td>✗ Journal about it. Figure out exactly what is bothering you and what might help</td>
</tr>
<tr>
<td>✗ Cold face bath (bowl of ice water, or gel ice pack or face mask) for super-fast calming</td>
<td>✗ Calming music</td>
<td>✗ Ask for help</td>
</tr>
<tr>
<td>✗ Healthy distraction (like playing a game with a friend or family)</td>
<td>✗ Mindfulness (for example of colors, of senses, of breathing, of music, or of nature)</td>
<td></td>
</tr>
<tr>
<td></td>
<td>✗ Yoga or stretching</td>
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</tr>
<tr>
<td></td>
<td>✗ Bath or shower</td>
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</tr>
<tr>
<td></td>
<td>✗ Take a walk</td>
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</tbody>
</table>

Try some out, right now!
Rate your level of stress, anxiety, or other feelings 0-10 before and after.

| Coping skill: | |
|---------------||
| Feelings rating before (0-10) | |
| Feelings rating after (0-10) | |
| How likely am I to use this in real life? (0-100% likely) | |

When might you need coping skills this coming week?

**Situation 1:** ______________
Skill I will try: 
Challenges that could come up?

**Situation 2 (optional):** __________
Skill I will try: 
Challenges?
Worksheets for Healing Trauma Memories

Have you ever gotten a scraped knee or elbow? It’s important to clean out any dirt or the scrape can get infected and take longer to heal. Cleaning dirt out of scrapes doesn’t feel good, but it helps us heal and have a lot less pain in the long run.

Trauma memories can be like a scrape that got infected and isn’t healing right. Talking about what happened helps us clean out the memory so it can heal.

Many teens who have been through traumas don’t like to think or talk about what happened (just like most people don’t enjoy having scrapes cleaned out!) but it really helps.

When we think or talk about trauma memories, we can feel strong feelings. We recommend leaving 5-10 minutes at the end of today’s meeting to do something fun and relaxing, like playing a game, taking a walk outside, watching funny videos or listening to some favorite songs.

<table>
<thead>
<tr>
<th>What time will we switch to a fun activity today?</th>
<th>What fun activity should we do?</th>
<th>Ways I can relax if I’m feeling stressed later this week?</th>
</tr>
</thead>
<tbody>
<tr>
<td>___ : ___ am/pm</td>
<td></td>
<td>□ Talk to a friend or parent</td>
</tr>
<tr>
<td>(set an alarm!)</td>
<td></td>
<td>□ Do something fun:</td>
</tr>
<tr>
<td></td>
<td></td>
<td>□ Do something relaxing:</td>
</tr>
<tr>
<td></td>
<td></td>
<td>□ Check in with my counselor</td>
</tr>
<tr>
<td></td>
<td></td>
<td>□ Other:</td>
</tr>
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</tbody>
</table>

For this activity you are in charge of what you choose to share. If some things are too difficult to talk about, consider using these worksheets for journaling at home.

Which of your trauma memories are the most painful? Which ones bother you the most? Write a 1-sentence description of each. Then mark the memory that bothers you most now.

- • _____________________________________________________________________________
- • _____________________________________________________________________________
- • _____________________________________________________________________________
- • _____________________________________________________________________________
- • _____________________________________________________________________________

Counselors: Click here for information about how to use these pages.
Talking about What Happened

This is OPTIONAL 😊

Consider telling your counselor all about one of your trauma memories, from beginning to end. Or you could write it down on your own. Try to include the “worst” or “hardest” parts.

Facing the memory can be hard, but it helps people learn a few things:

1) Memories are painful but not dangerous. What happened is in the past.
2) I can handle it. Remembering is hard at first but it gets easier.
3) My counselor isn’t judging me.
4) My actions actually make sense when I think about how everything went down.

If you’re up for it, write what you can remember about one of your trauma memories, from beginning to end. Or tell it to your counselor who can write it down for you. Try to include what you were feeling and thinking when it was happening. If you need to pause and take some deep breaths with the counselor, or cope in some other way, that is OK!

________________________________________________________________________________________
________________________________________________________________________________________
________________________________________________________________________________________
________________________________________________________________________________________
________________________________________________________________________________________
________________________________________________________________________________________
________________________________________________________________________________________
________________________________________________________________________________________
________________________________________________________________________________________
________________________________________________________________________________________

After writing it, what did you notice? Did anything surprise you?

Were there any important parts of what happened that you had forgotten about?

Are there important parts you still need to add? Thoughts or feelings? Things that felt too hard to share the first time? Parts of what happened you thought you’d never tell anyone?

Consider writing the memory again one more time this week, or telling it again in the next meeting with your counselor. See if you notice new things or feel differently. Feelings tend to get less intense the more times you tell it. You can share other trauma memories if you want.
Dealing with Unhelpful Thoughts

Here is a list of some very common unhelpful thoughts people have about traumatic events. Check the box for any thoughts you have had about what happened to you.

**Common Unhelpful Thoughts**

- What happened was all my fault
- I should have done something different
- What happened means something bad about me
- I can’t trust anyone
- I should feel embarrassed or ashamed about what happened
- There is something bad about me that made this happen
- I have to watch out for danger all the time
- My future dreams won’t come true
- I can’t handle remembering it
- Other unhelpful thoughts you have:

For a lot of people, these thoughts are part of what makes their trauma memory infected, so it doesn’t heal.

For each Unhelpful Thought you have had, fill in the answers to these questions on the next page.

- How does thinking this way affect how I feel and how I act?
- Is it possible this thought isn’t totally true? Come up with all the reasons it might not be true.
- Is there anything I can tell myself besides this thought that will help me feel better and live my best life?
Write in your unhelpful thoughts on the left, and then work with your counselor to answer the questions for each one. If you want more space, feel free to write more on another page, or in a journal.

<table>
<thead>
<tr>
<th>My unhelpful thought</th>
<th>How does this thought affect my feelings and actions?</th>
<th>List all the reasons this thought might not be totally true</th>
<th>What is a new thought that can help me feel better and live my best life?</th>
</tr>
</thead>
<tbody>
<tr>
<td>Example: It was my fault I was abused.</td>
<td>I feel guilty and sad and want to be alone.</td>
<td>My abuser is responsible for what he did, not me. I guess he tricked me. I trusted him—but that doesn’t make the abuse my fault</td>
<td>I wish I could have stopped it but I did the best I knew how at the time.</td>
</tr>
</tbody>
</table>

Did anything surprise you about answering these questions and talking today with your counselor?
Thinking in a new way takes practice! And some painful thoughts might need more work than just this one sheet.

If what you wrote on the last page was helpful, let’s make a plan to look at what you wrote every day, or at least a few times, in the coming week to help the new thinking stick in your brain.

Consider making a copy or taking a picture of what you wrote in case the paper gets lost.

<table>
<thead>
<tr>
<th>When will you review this page? Pick some times that will work well for you this week.</th>
<th>Is there anyone you want to review it with?</th>
<th>Write down any notes about how it went.</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Healing Memories – 5 of 7
More Practice with Helpful Thinking

Check out these common helpful thoughts people have about traumatic events. Check the box next to any thoughts you have already had about your traumatic experiences. Then for each thought (even the ones you did not check) make some notes about any ways they might be true for you. (It’s also ok if they don’t 😊)

<table>
<thead>
<tr>
<th>Common Helpful Thoughts</th>
<th>List any reasons this thought could be true for me</th>
</tr>
</thead>
<tbody>
<tr>
<td>☐ What happened wasn’t all my fault</td>
<td></td>
</tr>
<tr>
<td>☐ I did the best I knew how in a hard situation</td>
<td></td>
</tr>
<tr>
<td>☐ What I did made sense at the time</td>
<td></td>
</tr>
<tr>
<td>☐ I’ve learned some things from what happened</td>
<td></td>
</tr>
<tr>
<td>☐ Some good things have come out of a hard situation</td>
<td></td>
</tr>
<tr>
<td>☐ The event doesn’t mean bad things about me</td>
<td></td>
</tr>
<tr>
<td>☐ I can trust at least some people for some things</td>
<td></td>
</tr>
<tr>
<td>☐ I don’t need to feel embarrassed or ashamed</td>
<td></td>
</tr>
<tr>
<td>☐ I can do things to help myself stay safe</td>
<td></td>
</tr>
<tr>
<td>☐ Other helpful thoughts you have:</td>
<td></td>
</tr>
</tbody>
</table>
Helpful Thoughts – Practicing New Thinking At Home

Thinking in a new way takes practice! And again, some painful thoughts will take more to resolve than just these worksheets. *Consider with your counselor if more specialized support (like you could get in TF-CBT or CBT for Trauma) might be helpful for thinking or beliefs about your trauma that still feel “stuck” and have not changed.*

If what you wrote on the “Helpful Thinking” page was helpful, let’s make a plan for you to look at what you wrote every day, or at least a few times, in the coming week to help the new thinking stick in your brain.

Consider making a copy or taking a picture of what you wrote in case the paper gets lost.

<table>
<thead>
<tr>
<th>When will you review the “Helpful Thinking” page? Pick some times that will work well for you this week.</th>
<th>Is there anyone you want to review it with?</th>
<th>Write down any notes about how it went.</th>
</tr>
</thead>
</table>

Healing Memories – 7 of 7
Overcome Trauma Reminders

What are reminders?
Reminders (sometimes called “triggers”) are things that remind people of traumas they went through and bring up big feelings like fear or shame.

What are some examples?

Whenever Andre hears a siren, he thinks of a scary thing that happened to his mom and his heart starts racing and he wants to hide.

Whenever Lucy is supposed to ride in a car, she thinks of a scary car accident that happened to her family and she refuses to get in.

Whenever Sasha hears words for certain body parts, she thinks about abuse that happened to her and feels terrible.

When are reminders a problem?
Having big reactions when you aren’t actually in danger can add extra stress to your life and make it hard to pay attention to other things that are important.

What can I do if I don’t want to be so upset?
For reminders that are not dangerous, it can sometimes help to practice facing them on purpose again and again until your brain and body learn the lesson that these reminders are not dangerous. With practice your reactions calm down.

What are examples of facing reminders to feel better?

Andre started by listening to a recording of sirens while playing a fun game with his counselor. At first his body felt very scared, but he decided to listen to the recordings a few times each day and after a few days his body stopped reacting so much.

Lucy was too scared to go for a drive. So she made a plan to sit in her aunt’s car in the driveway and dance and sing along to her favorite songs for 20 minutes, while her aunt sat in a chair nearby. The next day she felt ready for a short drive in her neighborhood. Even though...
she was still scared, Lucy went for drives each day for a week and when nothing bad happened in the car, her brain and body stopped feeling so scared about it. Now she is fine with riding in cars. Once in a while her fear about cars comes back but Lucy knows that if she keeps being brave and riding in cars her fear will go back down.

Sasha didn’t want to feel so triggered when her teacher talked about body parts in health class. So she and her counselor played the game Uno and every time they got a green card they had to say one of the body part words ten times in a funny voice. By halfway through the game they were laughing a little and Sasha didn’t feel quite as upset.

**What about you?**

Are there any objects, places, people, words, or situations that trigger you to have big memories and big feelings about your own trauma? List them here:

Are some of these reminder situations actually safe? If you and your counselor agree it’s a good idea, write down some ways you could face a reminder that bothers you together today to get more used to it:

How did it go? Did anything surprise you?
Overcoming Trauma Reminders: Practicing At Home

Are there ways you want to practice facing safe reminders at home this week? You can include a parent or other supportive person if that would help.

<table>
<thead>
<tr>
<th>Make the plan</th>
<th>Write down how it went!</th>
</tr>
</thead>
<tbody>
<tr>
<td>What will I do?</td>
<td>When will I do it?</td>
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</tbody>
</table>

At your next session, discuss:

*How did it go?*
*Did your reactions change?*
*Do you need more practice with any of these reminders?*
*Are there other reminders you want to work on next? Make a plan!*
Deal With Problems

Use these steps below to deal with a problem you might have. Your problem might be a situation that feels unsafe or something that is stressing you out because of your trauma. It might be some other problem in your life. Remember, we can’t always completely solve our problems, but there may be better ways to deal with them...

Write your problem here:

Now write what you hope to accomplish:

FIRST, brainstorm all possible solutions in the first column. Your FAST-T provider or parent can add ideas too. Don’t worry if the ideas are good or bad for now, just get them on the page.

<table>
<thead>
<tr>
<th>ALL possible solutions</th>
<th>Good things about this solution</th>
<th>Bad things about this solution</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
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</table>

SECOND, after you have all the possible solutions out, circle or star the ones you might actually want to try. Then write in good things and bad things about those solutions.

Do any stand out that you would like to try? Make a plan on the next page.
Deal With Problems

Ironing Out My Plan

What I will do:

When I will do it:

Any help or support I will need:

If your plan is tricky, practice it with your parent or counselor so you are prepared.

What are challenges or obstacles that could get in the way?

How could I overcome those?

Reviewing How it Went – At Home or in Next Meeting

Was I able to follow through?

If not, what got in the way?

If yes, did I move toward my goal? Did my mood improve?

What did I learn?

What do I want to try next?
Why does trauma mess with your sleep?

After trauma, your body might be stuck on high alert, keeping you ready in case more bad things happen. Or maybe the quiet time before bed is when bad memories or thoughts come into your mind. Some kids worry about nightmares, which are common after trauma. All this can make it hard to go to sleep! And when you aren’t sleeping well, it’s harder to pay attention, learn, deal with stress, stay healthy, and be in a good mood the next day.

Are there things I can do that will help me sleep?

The good news is that there are lots of things you can do to help your body be ready to sleep. You can find some great tips on this handout.

If your body is stuck on high alert, you could try out some relaxation strategies, like this body scan for sleep.

But what about nightmares?

After traumatic events, nightmares are common, but these steps can help:
1) Pick your scariest nightmare.
2) Write it down in as much detail as possible. This might be scary but you can do it!
3) Imagine a different ending that is funny, happy, and peaceful. Write it down:
4) Every night before bed, read and imagine your NEW version just before lying down to go to sleep. How will you remember to do this?

5) Use a relaxation strategy, like deep slow breathing while relaxing all your muscles. One good way to do this is to start with your toes and slowly move your attention upward through all the different parts of your body, feeling them grow warm and heavy and relaxed as you go. What relaxation strategy will you try?

But how do I know if this will really help me?

The best way to find out what works is to try some things and see what happens! If you want, use the space below to track whether you follow your plan and how it works:

Date
Bedtime
Goal:
Wake time
Goal:
Other sleep changes:
1.
2.
3.
Exercise?

What did you notice?

Rate 0-10
-Energy
-Mood
0=worst, 10=best

At the end of the week, decide: What helped? What do I want to try next week?
Make My Life Better

What changes (that you have some control over) would MOST improve your life or help your mood...

🌟 With family? _______________________________________________________

🌟 With friends? ______________________________________________________

🌟 At school? _________________________________________________________

🌟 In extra-curriculars (sports, music, work, hobbies)? ____________________

🌟 Other? ____________________________________________________________

Pick one change you’d like to focus on for this week:

Next, jot down a few possible steps you could take in the coming week to help make this change happen:

One step at a time...

MAKE LIFE BETTER – 1 of 3
Taking “SMART” Steps

One of the best ways to reach our goals is to plan **action steps** that are “SMART”:

- **Specific** – Clear and specific about what you will do
- **Measurable** – Include an easy way to tell whether or not it was accomplished
- **Appealing** – Desirable, something you value, a healthy choice
- **Realistic** – Achievable, controllable, within reach but not TOO easy
- **Time Bound** – Doesn’t go on endlessly, but has a clear start and finish

Plan out **one or more** SMART steps you would like to take this week.

**TIP:** If you’re not at least 90% confident you can follow through... change it up! Make a more solid plan or pick something else.

### Example Step: Fix my grades

<table>
<thead>
<tr>
<th>What I will do:</th>
<th>Go through and make a list of all my missing work. Figure out what is top priority and do at least 20 minutes each day after school in the kitchen.</th>
</tr>
</thead>
<tbody>
<tr>
<td>When I will do it:</td>
<td>I’ll start today at 3pm with my mom.</td>
</tr>
<tr>
<td>Possible obstacles:</td>
<td>I’ll get distracted by video games and forget. I won’t feel like it.</td>
</tr>
<tr>
<td>How to overcome them:</td>
<td>Texted my mom so she knows the plan. Mom keeps game console until after the 20 minutes is over. I’ll do a quick mood boost (jump on trampoline) before I start. Also have a good snack.</td>
</tr>
</tbody>
</table>

**Is this step “SMART”?**

- Yes.

**How likely am I to follow through 0-100%?**

- **95%**

**....How did it go?**

- Good, except Thursday mom worked late and I took a nap. I felt really bad but remembered you said we can learn from whatever happens.

Adapted from McCauley, Schloredt, Gudmundsen, Martell & Dimidjian (2016)
Taking “SMART” Steps (continued)

Fill out your own steps below. If there is only 1 step this week, that’s fine. If there are more than 2 steps that make sense for this week, feel free to add more! Just keep it realistic and make a solid plan.

<table>
<thead>
<tr>
<th>STEP 1</th>
<th>Is this step “SMART”?</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>What</strong> I will do:</td>
<td></td>
</tr>
<tr>
<td><strong>When</strong> I will do it:</td>
<td></td>
</tr>
<tr>
<td><strong>Possible obstacles:</strong></td>
<td></td>
</tr>
<tr>
<td>How to <strong>overcome</strong> them:</td>
<td>How likely am I to follow through 0-100%?</td>
</tr>
</tbody>
</table>

......How did it go? What did I learn? What could I try next?

<table>
<thead>
<tr>
<th>STEP 2</th>
<th>Is this step “SMART”?</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>What</strong> I will do:</td>
<td></td>
</tr>
<tr>
<td><strong>When</strong> I will do it:</td>
<td></td>
</tr>
<tr>
<td><strong>Possible obstacles:</strong></td>
<td></td>
</tr>
<tr>
<td>How to <strong>overcome</strong> them:</td>
<td>How likely am I to follow through 0-100%?</td>
</tr>
</tbody>
</table>

......How did it go? What did I learn? What could I try next?

MAKE LIFE BETTER – 3 of 3

Adapted from McCauley, Schloredt, Gudmundsen, Martell & Dimidjian (2016)
**Why can trauma make people feel more alone?**

Going through a traumatic event can sometimes make us MORE connected to people in our lives. But sometimes it does the opposite. When we go through something other people haven’t been through, or when we have reactions that other people don’t understand, it can make us feel different and alone. If our trauma involved someone treating us badly, it can make it hard for us to trust people the way we used to. If important people in our lives were not supportive after our trauma, we might have strong hurt feelings. Sometimes the trauma involved losing someone who was important to us. These are just a few ways people can feel more alone or disconnected after a trauma.

Are there ways your trauma has made you feel different or alone? Write them here.

**What can I do about it?**

Not every person is safe or trustworthy. But life is usually better if we can find ways to connect with people who are. Do you have any ideas about steps you can take to build good connections with others in your life? Are there people you used to feel connected to who you would like to become closer with again?

On the next page, brainstorm all the ideas you can think of for building or rebuilding healthy connections. Some ideas you might consider:

- Are there people you know who you’d like to be closer to?
- Could you reconnect with someone safe from your past who used to be close?
- Are there safe relatives you could connect more with?
- Are there safe adults in your life (teachers, coaches, friends’ parents) you could talk to if you were having a hard time?
- Are there clubs, sports or group activities you could join to jumpstart new friendships and a feeling of belonging?
- Do you know other people your age who have similar interests? Where are they?
- Does your school counselor know of friend groups or support groups you could join?
- Think of what it would take to heal a safe relationship that disappointed you.
Next, look over your ideas and see if there are any you want to try. If so...make a clear plan for the steps you will take this week.

What specifically will you do? When? Who is involved? Will you need anyone’s help?

Is there anything that could get in the way of your plan? How could you handle these obstacles?

Be sure to follow up with your counselor (or another support person) to talk about how it went!
FAST-T: Wrapping Up

Let’s review what has helped you so far, and make a plan for next steps.

Have any of these activities or skills helped? If yes, mark them:

☐ Having a plan for dangerous situations.

☐ Learning more about the kind of trauma I went through.  
  *What did I learn that was helpful?*

☐ Telling or writing down my memory.  
  *Did facing my memory teach me anything?*

☐ Working on my unhelpful and helpful thoughts about the trauma.  
  *How did my thinking change?*

☐ Facing my trauma triggers so I could learn to be less bothered by them.  
  *Did any triggers get easier to deal with? Are there some to still work on?*

☐ Identifying problems in my life and making a plan to deal with them.  
  *Any problems I should tackle next?*

☐ Planning SMART steps to reach my goals or improve my life.  
  *Goals or changes I’m still working on:*

☐ Building or repairing connections to other people.  
  *Is there more I want to do to connect with others?*

☐ Using these healthy coping skills:

☐ Avoiding these unhelpful ways of coping:

☐ Getting support from parents or caregivers.  
  *These things felt unhelpful:*
  *These things seemed to really help me:*

☐ Other things I’ve learned or tried that helped me?
OPTIONAL: Consider sharing with someone, if you haven’t already.

For most teens, it helps to have an adult in your life who knows something about the trauma you went through. This way you have someone you can talk to if you ever need support in the future. *Is there an adult you trust to support you with this?*

You can share some, or all, of what you worked on in FAST-T. This could include memories, unhelpful and helpful thinking, helpful handouts about trauma, or other skills you learned. *Are there things you think would be helpful to share, even if it might be hard?*

If you want to share anything, let’s plan: *How and when do you want to share it? Would you like to do this together with your counselor, who can help you be understood and supported?*

*(Reminder: The [FAST-T 2-pager](#) includes tips for adults on listening to youth tell about their trauma experience.)*

**Next steps after FAST-T:**

What is my plan for after FAST-T? *This could include doing nothing, or working on things by yourself, or you might get some other treatment if things have not improved enough.*
When Posttraumatic Stress is Improving...

Look Ahead

Are there situations could lead to a return or worsening of trauma related stress in the future? Think about what could be possible triggers for you to feel worse:

- □ New traumas, anniversaries, reminders, milestones (e.g., graduation)
- □ Big changes or disappointments, or feeling rejected
- □ New or changing relationships, intimacy, or unhealthy relationships
- □ Other

What are signs, for me, that PTS might be coming back or getting worse:

- □ Feelings or thoughts
- □ Body signs
- □ Avoidant behaviors
- □ Risky behaviors
- □ Other

Who can I talk to if I notice my mental health is getting worse?

Where can I get more support if I need it?

What is something I feel proud of trying or accomplishing during FAST-T?

What is something I would say to another teen who went through a trauma like mine, now that I’ve been through this?