

A Profile of Me: _____

My Favorite Things

My favorite...

Colors:

School Subject:

Candy:

Animal:

Food/Drink:

Book/Story:

Place:

TV Show/Movie:

Sport:

Smells:

Season:

Textures:

Holiday:

Activities:

My Least Favorite Things

Things I prefer to avoid:

Food:

Things to do:

Drink:

Smells:

Candy:

Textures:

Movies/Shows:

Holidays:

Places:

Activities:

Silly things that make me laugh:

Scary things that make me nervous:

Before We Met

My Timeline

Big Life Moment	When	Placement	Associated Feelings
Born			

Misplaced Memories (I'm not sure when...)

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Safe Adults

Name	Relationship	Safe Qualities	Time they felt safe

Profile of Fears

Common Fears of Kids with Traumatic Past

- I will always feel this scared
- I won't have enough
- I will get hurt or die
- I have no value
- I am in danger
- I will be hungry again
- I need to take care of myself
- The world is unsafe
- They Will Leave Me
- "They" will take me away (again)
- Adults are dangerous
- Adults Lie
- No One Loves Me

My Fears

Fear	Trigger(s)	Behavior	Truth

Behaviors with unidentified fears:

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Expressed Fears:

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