

ENERGY GOODNESS POSITIVE  
 TRUST INVINCIBLE DEPENDABLE  
 FREE APPROVAL PASSIONATE  
 STRONG PRIDE ADMIRABLE  
 CONFIDENT JOY VALUED FAIR  
 SERVICE DIFFERENCE SHARE  
 INSPIRE FRIENDLY ENJOY  
 PASSIONATE HONEST ALIVE  
 FOREVER  
 BRIGHT LOVE SMILES  
 INVIGORATING SPECIAL  
 HOPE FUN  
 GREAT QUALITY HEALTHY  
 LOYAL ALERT  
 BREAKTHROUGH GENEROUS TRUE  
 REFRESHING PROUD

## T-Care Skill Three:

Defining Goals  
Training Packet

# TARGET

TRAUMA AFFECT REGULATION:  
GUIDE FOR EDUCATION & THERAPY



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# The **FREEDOM** Steps

## From Reactivity to Resilience

### **F**OCUS: SOS

Pay attention to your body signals, clear your mind, and focus on one thought that reflects what you truly value.

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### **R**ECOGNIZE TRIGGERS

Know your stress Triggers and teach your brain to distinguish between a real threat and a reminder.

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### **E**MOTION SELF-CHECK

Identify REACTIVE Emotions (fear, anger, sadness) and balance them with MAIN Emotions (calmness and confidence).

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### **E**VALUATE THOUGHTS

Learn to evaluate your REACTIVE Thoughts and find within them your MAIN Thoughts that represent what you believe in.

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### **D**EFINE GOALS

Restore hope by tapping into goals that express your true values and dreams rather than quick fixes.

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### **O**PTIONS

Regain personal control by making choices that reflect who you are and what you want most in your life.

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### **M**AKE A CONTRIBUTION

Recognize how you make the world a better place when you are in control of your brain's stress ALARM.

- 1 Pay attention to the message from your ALARM.
- 2 Figure out the Trigger.
- 3 Understand your Main Goal
- 4 Focus your Mind

Recall specific instances of fully or partially effective actions taken in the past when under stress:

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# Life Stressors

- 1| Please write 3 stressful events you've experienced recently. These could be small annoyances (such as having to wait on hold for an extended time for customer service or getting a bad haircut) or moderate stressors (such as getting a large credit card bill, being asked to take on additional work responsibilities, getting a diagnosis that takes you by surprise, or having an argument with your spouse, parent, or child).
- 2| What was your stress reaction? Include body signals, emotions, and thoughts related to the situation.
- 3| How would you label these stressors?

	1   Event or Situation	2   Reaction to Event or Situation	3   Trigger
A			
B			
C			

# Goals

Please refer to the 3 stressful events you've experienced recently. Looking back, what was your Reactive Goal and Main Goal in this situation? What is one small step you can take toward that goal to start to make things better?

	Reactive Goal	Main Goal
1		
2		
3		