WHAT DO YOU KNOW ABOUT TRAUMA?

MythBusters Worksheet

Circle Myth or Fact for each statement below.

You do not need to share personal experiences to complete this worksheet.

01		People who go through the same event will always react the same way.	○ MYTH ○ FACT
02		Trauma can affect sleep, concentration, emotions, and the body.	○ MYTH ○ FACT
03		Someone can be deeply impacted by trauma even if there are no visible injuries.	○ MYTH ○ FACT
04		If a person seems calm, they cannot be experiencing a trauma response.	○ MYTH ○ FACT
05		A sound, smell, place, or date can trigger a trauma response.	○ MYTH ○ FACT
06		Healing from trauma always happens in a straight line.	○ MYTH ○ FACT
07		People have to tell every detail of what happened in order to heal.	○ MYTH ○ FACT
08		Safety, trust, connection, and choice can support healing.	○ MYTH ○ FACT
09		Trauma responses are signs of weakness or bad character.	○ MYTH ○ FACT
10		Recovery can look different for different people.	○ MYTH ○ FACT

Learning the truth about trauma helps us respond with compassion.

WHAT DO YOU KNOW ABOUT TRAUMA?

Reflect & Discuss

Use your own words. Skip any question that does not feel helpful.

There is no single right way to heal.

01 **Which statement challenged or surprised you the most? Why?**

02 **What are some ways trauma responses might show up in daily life?**

03 **What helps people feel safe, supported, and more in control?**

04 **How can we respond with compassion when someone shares a difficult experience?**

One thing I want to remember:

Understanding trauma can help us support ourselves and others.

WHAT DO YOU KNOW ABOUT TRAUMA?

MythBusters Answer Key

Review the statements and explanations below.

01		**MYTH**	People can respond very differently to the same event.
02		**FACT**	Trauma can affect the mind, body, emotions, sleep, and concentration.
03		**FACT**	A person may be deeply impacted even when injuries are not visible.
04		**MYTH**	A calm appearance does not always reflect what is happening inside.
05		**FACT**	Sounds, smells, places, dates, or other reminders can trigger a response.
06		**MYTH**	Healing is often uneven and can include hard days and progress.
07		**MYTH**	People do not need to share every detail in order to begin healing.
08		**FACT**	Safety, trust, connection, and choice can support recovery.
09		**MYTH**	Trauma responses are protective, not character flaws.
10		**FACT**	Recovery can look different for each person.

Trauma-informed care starts with safety, compassion, and choice.

Use this answer key to learn, reflect, and start conversations.