

Complex Trauma Stabilisation

A daily plan for safety, grounding, and recovery



Name: _____ Date: _____

This worksheet supports individuals managing complex trauma symptoms while maintaining sobriety. Use it daily to establish a consistent routine that promotes stability and helps regulate your nervous system.

Morning Stabilisation Routine

Outline grounding activities and self-care practices to begin your day with intention — deep breathing, brief meditation, or a gentle stretch. Identify at least three activities that resonate with you.

Nervous System Check-Ins (3x Daily)

Set reminders to pause and evaluate your emotional and physical state three times a day. Ask yourself: How am I feeling right now? What is my body signalling?

Trigger Exposure Today

Identify any situations or stimuli that may trigger complex trauma symptoms and note how you plan to approach them — breathing exercises, reaching for support, or practising mindfulness.

Coping Skills used

Document the coping strategies you used throughout the day to manage distressing feelings or thoughts — grounding techniques, journaling, or engaging in a hobby.

Dissociation Episodes

If you experienced any dissociative episodes today, note what triggered them and how you responded. Understanding these patterns can help you implement more effective responses.

Connection with Safe People

Reflect on your interactions with supportive individuals today. Who made you feel safe and understood?

Evening Self-Care Routine

Create an evening routine that promotes relaxation and healing — reading, a warm bath, practising gratitude, or unwinding with gentle music.

Recovery Maintenance Activities

List activities you engaged in today that supported your recovery and overall well-being — support group, therapy, healthy eating.



"Come to Me, all you who labour and are heavy laden, and I will give you rest." — Matthew 11:28