



RECOGNIZE
*what's been hard
to name.*



UNDERSTAND
*patterns,
impacts & areas
of strain.*



IDENTIFY
*your starting
points for
growth.*



TAKE
*your next right
step forward.*

A TRAUMA-INFORMED SELF-REFLECTION WORKBOOK

THE CLARITY *Check*

Begin Your Journey Toward Clarity, Healing & Restoration.

LEASE L. YOUNANS



RESTORING ORDER. RECLAIMING WHOLENESS. ESTABLISHING HEALED AUTHORITY.

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The Clarity Check

A Trauma-Informed Guided Self-Reflection Workbook

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Welcome

TO YOUR JOURNEY

BEGIN WITH CURIOSITY, NOT JUDGMENT.

Have you ever wondered why you react the way you do, keep repeating the same patterns, or feel stuck no matter how hard you try to move forward?

This workbook is designed to help you pause, reflect, and gain clarity about what may be shaping your thoughts, emotions, behaviors, and daily life.

The goal is not perfection. The goal is awareness. And awareness creates the opportunity for change.

YOUR SPACE TO REFLECT

This workbook is a judgment-free space for truth, honesty, and self-compassion.

YOUR STORY MATTERS

Your experiences are real.
Your responses make sense.
Your healing is possible.

THIS IS A STARTING POINT

You don't have to figure it all out today. You only have to take your next right step.

HOW TO USE THIS WORKBOOK

- Take your time.
- Answer honestly.
- There are no right or wrong answers.
- Be compassionate with yourself.
- Complete what you can, when you can.

PLEASE KNOW

This workbook is educational and is not intended to diagnose or replace professional care.

If you are in crisis, please reach out to a licensed professional or a local crisis resource.



RESTORING ORDER. RECLAIMING WHOLENESS. ESTABLISHING HEALED AUTHORITY.

**YOU DO NOT HAVE TO UNDERSTAND EVERYTHING THAT
HAPPENED TO YOU TO BEGIN NOTICING WHAT IS HAPPENING
WITHIN YOU NOW.**

BEFORE YOU BEGIN

You are not being asked to relive your story. You are simply being invited to notice patterns in your present experience. Move at your own pace. Skip anything you are not ready to answer. Stop and return later if you need to.

Try to answer from what is true today, rather than what you think should be true.

What brought me to this workbook today?

THE SURVIVAL SPECTRUM

Which of these experiences sound most familiar right now?

These experiences can have many causes and checking several boxes does not automatically mean you have trauma. The goal is simply to notice whether certain responses have become persistent patterns.

OVERACTIVE / ON GUARD

- ☐ Constant overthinking
- ☐ Always preparing for the worst
- ☐ Difficulty relaxing
- ☐ Needing control
- ☐ Feeling responsible for everything

ACCOMODATING / APPEASING

- ☐ People pleasing
- ☐ Difficulty saying no
- ☐ Avoiding conflict
- ☐ Ignoring my own needs
- ☐ Fear of disappointing people

DISCONNECTED / SHUT DOWN

- ☐ Feeling emotionally numb
- ☐ Feeling disconnected
- ☐ Difficulty identifying feelings
- ☐ Withdrawing from people
- ☐ Going through the motions

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SURVIVAL SPECTRUM REFLECTION

Write the 3 experiences that show up most often:

When do you notice these patterns most?

THE PATTERN FINDER

Move from isolated moments to recurring patterns.

A pattern becomes easier to recognize when you slow the sequence down. Complete the cycle below using a recent situation. You do not need to choose your most painful memory.

Event -> Response -> Feeling -> Consequence -> Need

PATTERN 1

When _____

happens I usually _____

Then I feel _____

Which usually causes _____

What I may have needed in that moment was _____

THE PATTERN FINDER

Event -> Response -> Feeling -> Consequence -> Need

PATTERN 2

When _____

happens I usually _____

Then I feel _____

Which usually causes _____

What I may have needed in that moment was _____

What repeats across these situations?

THE HIDDEN COST

Where are these patterns showing up in your life?

- | | |
|--|---|
| ☐ Relationships | ☐ Marriage / Partnership |
| ☐ Friendships | ☐ Work / Career |
| ☐ Leadership | ☐ Parenting |
| ☐ Faith | ☐ Confidence |
| ☐ Decision Making | ☐ Money |
| ☐ Sleep | ☐ Physical Health |
| ☐ Purpose | ☐ Identity |
| ☐ Boundaries | ☐ Communication |

Which area has been affected the longest?

Which area is costing you the most right now?

Which area would change your life most if it became healthier?

THE CLARITY SQUARE

From 1-10 rate how supported, healthy, or aligned you currently feel in each area.

1 = significantly strained or unsupported

5 = mixed or inconsistent

10 = healthy, supported, and aligned Do not overthink the number.

Choose what feels most accurate today.

AREA	1	2	3	4	5	6	7	8	9	10
MIND										
BODY										
EMOTIONS										
IDENTITY										
RELATIONSHIPS										
FAITH										
PURPOSE										
VOICE										

What do you notice about your ratings?

Which low-scoring area needs compassion rather than criticism?

REFLECTION

Look for meaning without forcing conclusions.

1. What pattern showed up repeatedly?

2. What pattern showed up repeatedly?

3. Which area deserves your attention first?

REFLECTION

Look for meaning without forcing conclusions.

4. What have you been calling a personality trait that may actually be a learned response?

5. Which would greater clarity allow you to do differently?

Remember: A learned response is only one possibility. This workbook invites curiosity; it does not assign a cause to your experiences

YOUR CLARITY STARTIN POINT

Gather what you noticed into one simple snapshot.

THIS IS NOT YOUR DIAGNOSIS. THIS IS YOUR STARTING POINT.

The pattern I notice most is:

It tends to show up when:

My usual response is:

The area of my life most affected is:

YOUR CLARITY STARTING POINT

Gather what you noticed into one simple snapshot.

THIS IS NOT YOUR DIAGNOSIS. THIS IS YOUR STARTING POINT.

What I may need more of is:

The area I want to begin paying attention to is:

One small, safe step I can take next:

The area of my life most affected is:

YOUR NEXT STEP

Clarity is the beginning - not the destination.

Today you noticed patterns. You named areas of strain. You identified a possible starting point. You do not have to fix everything you noticed today.

Recognition itself is movement.

Notice -> Understand -> Respond Intentionally

What became clearer as you worked through this guide?

You don't have to take every next step at once. Choose the resource that most closely matches what surfaced for you. Please visit:

www.thetraumaunit.org/checkcollection

CHOOSE THE RESOURCE THAT BEST MATCHES WHAT BECAME CLEAR TO YOU:

☐ If you are questioning who you have become...

Explore The Identity Check

Trauma and difficult life experiences can shape the roles we play, the beliefs we carry, and the ways we learn to protect ourselves. Over time, survival adaptations can begin to feel like personality.

The Identity Check helps you explore the difference between who you are and who you may have learned to become in order to survive. You'll examine protective roles, internalized messages, relationship patterns, personal values, strengths, and the identity you want to intentionally carry forward.

Explore: Who have I become—and who am I becoming?

YOUR NEXT STEP

- If certain situations repeatedly activate you...

Explore The Trigger Check

Sometimes a reaction feels much bigger than the moment that caused it. A word, tone of voice, conflict, silence, rejection, environment, memory, or physical sensation can activate an emotional or physical response before you fully understand what happened.

The Trigger Check helps you identify what tends to activate you, recognize your early warning signs, and trace what happens in your thoughts, emotions, body, and behavior when you are triggered. You'll begin uncovering the patterns behind your reactions so you can approach them with greater awareness rather than shame.

Explore: What keeps pulling me back into survival?

- If your body seems constantly activated, tense, depleted, or shut down...

Explore The Nervous System Check

Your body may be communicating something your mind has not yet put into words. Racing thoughts, muscle tension, difficulty relaxing, exhaustion, numbness, restlessness, disrupted sleep, or feeling constantly "on guard" can all be important signals to notice.

The Nervous System Check introduces you to your body's built-in protection system and helps you recognize how stress may show up physically, mentally, and emotionally. You'll explore your own patterns of activation, shutdown, safety, and connection while beginning to understand what your body may be trying to communicate.

Explore: Why does my body respond this way?

YOUR NEXT STEP

- If you recognize what is happening but struggle to respond differently...

Explore The Regulation Check

Awareness is powerful, but sometimes knowing why you react doesn't automatically change how you react.

The Regulation Check helps you begin building practical ways to create space between activation and response. You'll identify your early signs of overwhelm, explore strategies that may help you return to the present, develop your personal regulation toolbox, and create a simple plan for responding with greater intention.

Regulation is not about never becoming upset. It is about strengthening your ability to notice, pause, recover, and choose your next response.

Explore: How can I move from reacting to responding?

- If you know healing is needed but don't know where to begin...

Explore The Healing Check

Recognizing what needs attention can sometimes create another question: "Now that I see it...what do I do with it?"

The Healing Check helps you turn awareness into direction without pressuring you to address everything at once. You'll identify your healing priorities, consider the support you may need, explore habits that can strengthen your well-being, recognize potential obstacles, and choose realistic next steps for your journey.

This isn't a race to the finish line. It's an opportunity to determine your next right step.

Explore: Where do I go from here?

YOUR NEXT STEP

- If you struggle to say no, protect your peace, or honor your own needs...

Explore The Boundaries Check

Sometimes survival teaches us that keeping the peace means staying silent, saying yes, overgiving, rescuing others, tolerating disrespect, or placing everyone else's needs ahead of our own.

The Boundaries Check helps you examine where your limits may have become unclear, overly rigid, or difficult to communicate. You'll explore boundaries around your time, energy, emotions, relationships, work, family, faith, and personal values while practicing language for communicating your needs with greater clarity and compassion.

Healthy boundaries are not about shutting people out. They are about learning to steward what has been entrusted to you without abandoning yourself in the process.

Explore: How do I protect what has been entrusted to me?

YOU DON'T HAVE TO CHOOSE EVERYTHING TODAY

Your clarity may lead you toward identity.

Your identity may uncover triggers.

Your triggers may help you understand your nervous system.

Understanding your nervous system may reveal your need for regulation.

Regulation may give you the stability to take intentional steps toward healing.

And healing may require you to establish healthier boundaries.

But your journey does not have to happen in that exact order.

Start with what became clearest to you today.

You are not being asked to solve your entire life.

You are simply being invited to take your next right step.

YOUR CLARITY PATH

CONFUSION

I know something feels off, but I may not yet have language for it.

V

RECOGNITION

I begin noticing what is happening.

V

UNDERSTANDING

I begin making sense of the pattern.

V

CLARITY

I can see what needs my attention.

V

DIRECTION

I know where I can begin.

V

HEALING

I begin moving forward with intention, safety, and support.

Healing may not be linear. Clarity simply gives you somewhere to begin.

Keep this workbook and return to it later. Your answers may change as your awareness, capacity, and circumstances change.

Educational Note: This workbook is a self-reflection resource and is not intended to diagnose or treat a mental health condition. If reflection brings up distress that feels difficult to manage, consider pausing and seeking support from a qualified professional.

THANK YOU

Thank you for giving yourself the space to pause, notice, and reflect. Whatever became clear to you through this Map does not have to be solved today. Awareness is meaningful. Recognition creates options. And even the smallest intentional step can begin changing the direction of your journey.

Remember:

Notice → Understand → Respond Intentionally

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