

**COGNITIVE BEHAVIORAL
THERAPY (CBT):**
**Identifying and
challenging
negative thought
patterns**

**WATCH ME HEAL:
PROCESSING THE PAIN**

This worksheet is designed to help individuals process and heal from past traumas while fostering resilience, faith, and a positive future. It includes guided questions, activities, and spaces for reflection.

**MOMENT VS.
REMEMBERED UTILITY
IN TRAUMA**

Distinction between immediate enjoyment and long-term satisfaction derived from memory.

WATCH ME HEAL
CHATTERBOX THERAPISTS

**MOTIVATIONAL
INTERVIEWING**
Evoking the
desire for
change

SPIRITUALITY
for
comfort
and
guidance

**BUILDING NEW
MEMORIES AND
FOSTERING SAFETY**
Creating positive
experiences
Steps to nurture trust
and safety

WATCH ME HEAL: PROCESSING THE PAIN

Process One Incident Per Worksheet

This worksheet is designed to help you focus on one experience at a time so you can fully understand how it has affected you and begin the process of healing. This worksheet will guide you through reflecting on a specific incident, how it made you feel, and how it shaped the way you see yourself and the world.

For example, let's say you experienced a time when you felt neglected or abandoned. Instead of combining it with other memories, you would focus only on that single event. You might identify the main effects of that incident as feelings of abandonment, low self-esteem, and social anxiety.

By isolating one event, you can take the time to really process it. You'll explore how it impacted you then, how it affects you now, and what you need to move forward. This step-by-step approach makes it easier to work through your emotions and reframe the experience so it no longer defines you.

Take your time with each question. Healing happens one step at a time.

Sincerely, Yushima Cherry Burks

[For More Recommended Books and Mental Health Resources Visit:](#)

www.linktr.ee/yushimacherryburks

[Picking Up the Pieces to 100 Broken Promises](#)

[The Companion Workbook to Picking Up the Pieces to 100 Broken Promises](#)

[124 Days of Gratitude: Gratitude Journal](#)

[My Medical Journal: Chatterbox Therapists](#)

[90 Day Devotional: For Kids \(ages 9-12\)- Coming Soon by Chatterbox Therapists on Amazon.com](#)

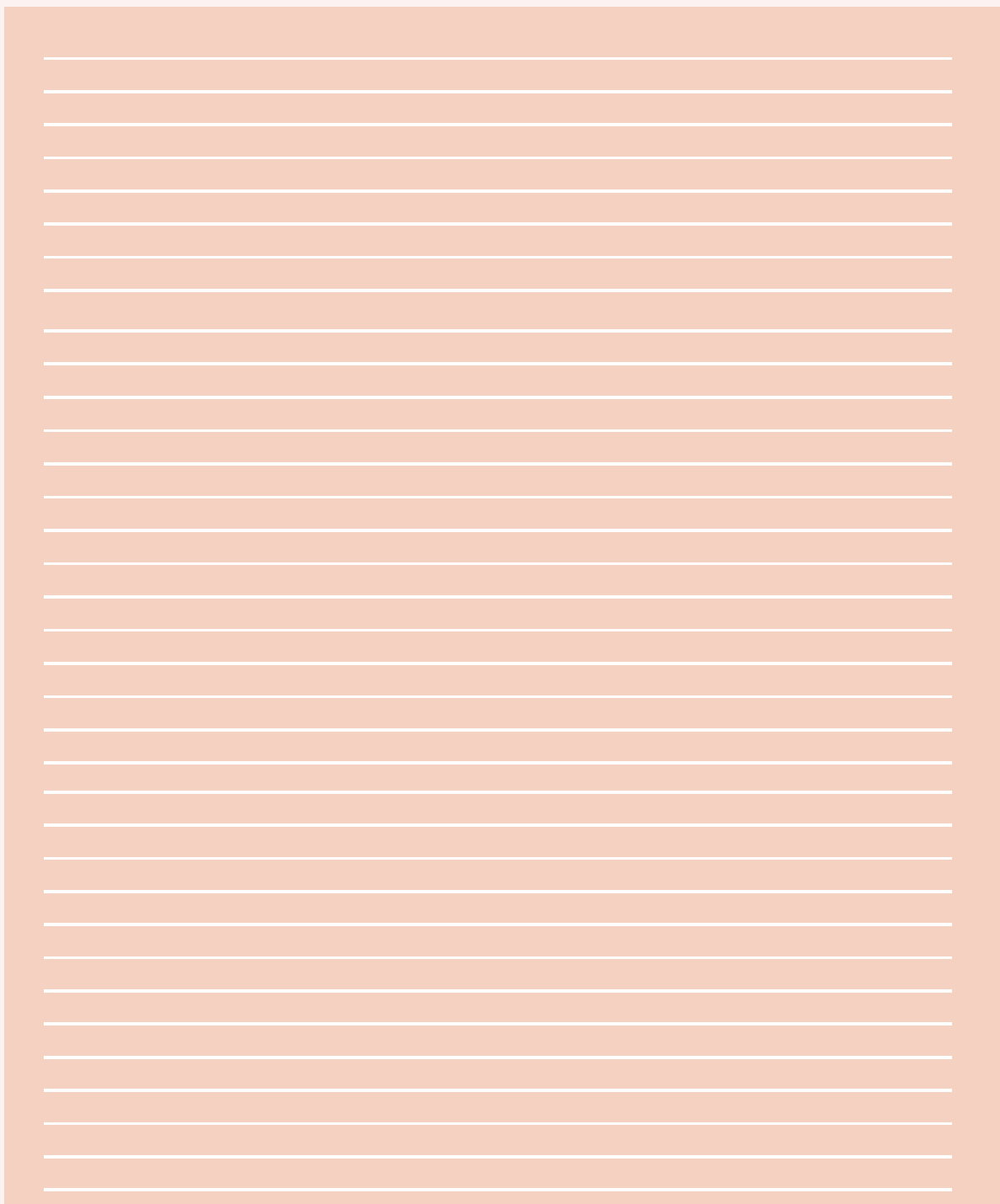


Step 1: Describe the Incident

What happened? Write down the details as you remember them.

What do you recall about that moment? Who was present?

What words were said, and how did they make you feel?



Step 2: Explore Your Feelings

Negative emotions:

- | | | | | |
|------------------------------------|-------------------------------------|-----------------------------------|------------------------------------|------------------------------------|
| <input type="checkbox"/> Anxious | <input type="checkbox"/> Guilty | <input type="checkbox"/> Hopeless | <input type="checkbox"/> Angry | <input type="checkbox"/> Confused |
| <input type="checkbox"/> Afraid | <input type="checkbox"/> Shameful | <input type="checkbox"/> Hurt | <input type="checkbox"/> Rejected | <input type="checkbox"/> Exhausted |
| <input type="checkbox"/> Powerless | <input type="checkbox"/> Frustrated | <input type="checkbox"/> Sad | <input type="checkbox"/> Abandoned | <input type="checkbox"/> Numb |
| <input type="checkbox"/> Worthless | <input type="checkbox"/> Helpless | <input type="checkbox"/> Lonely | <input type="checkbox"/> Betrayed | <input type="checkbox"/> Betrayed |

Positive emotions:

- | | | | | |
|------------------------------------|--------------------------------------|-------------------------------------|-----------------------------------|-------------------------------------|
| <input type="checkbox"/> Relieved | <input type="checkbox"/> Loved | <input type="checkbox"/> Validated | <input type="checkbox"/> Free | <input type="checkbox"/> Forgiven |
| <input type="checkbox"/> Empowered | <input type="checkbox"/> Appreciated | <input type="checkbox"/> Strong | <input type="checkbox"/> Heard | <input type="checkbox"/> Excited |
| <input type="checkbox"/> Hopeful | <input type="checkbox"/> Inspired | <input type="checkbox"/> Acceptance | <input type="checkbox"/> Accepted | <input type="checkbox"/> Important |
| <input type="checkbox"/> Resilient | <input type="checkbox"/> Grateful | <input type="checkbox"/> Resolved | <input type="checkbox"/> Redeemed | <input type="checkbox"/> Encouraged |

What did you feel in that moment?

Step 3: Identify Your Needs

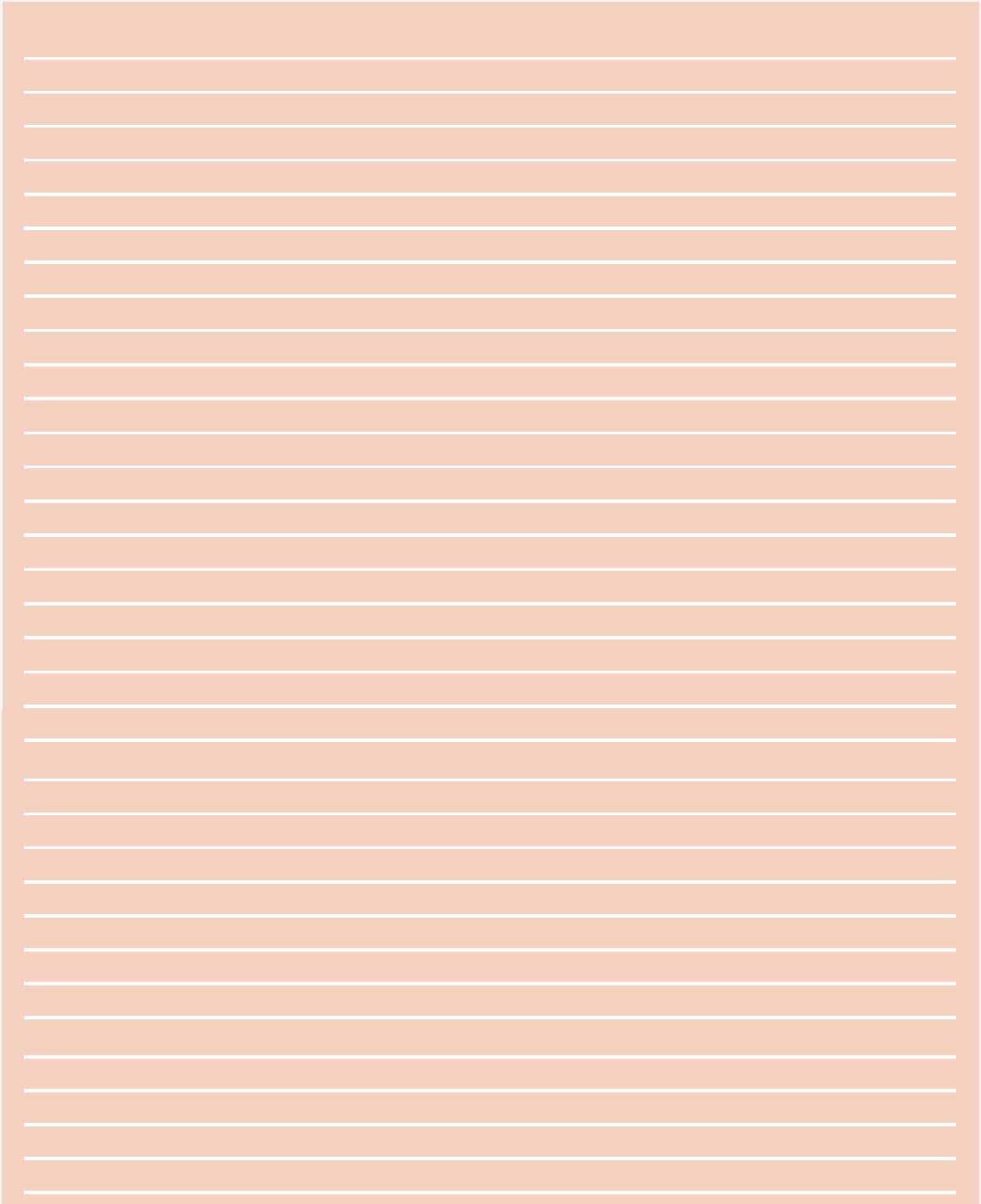
Examples:

- I needed my dad to say, I believe you.
- I needed my mom to say, I am sorry this happened to you
- I needed my husband to say, I love you.

What did you need to hear in that moment? Who did you need to hear it from?

Step 4: Speak to Your Younger Self

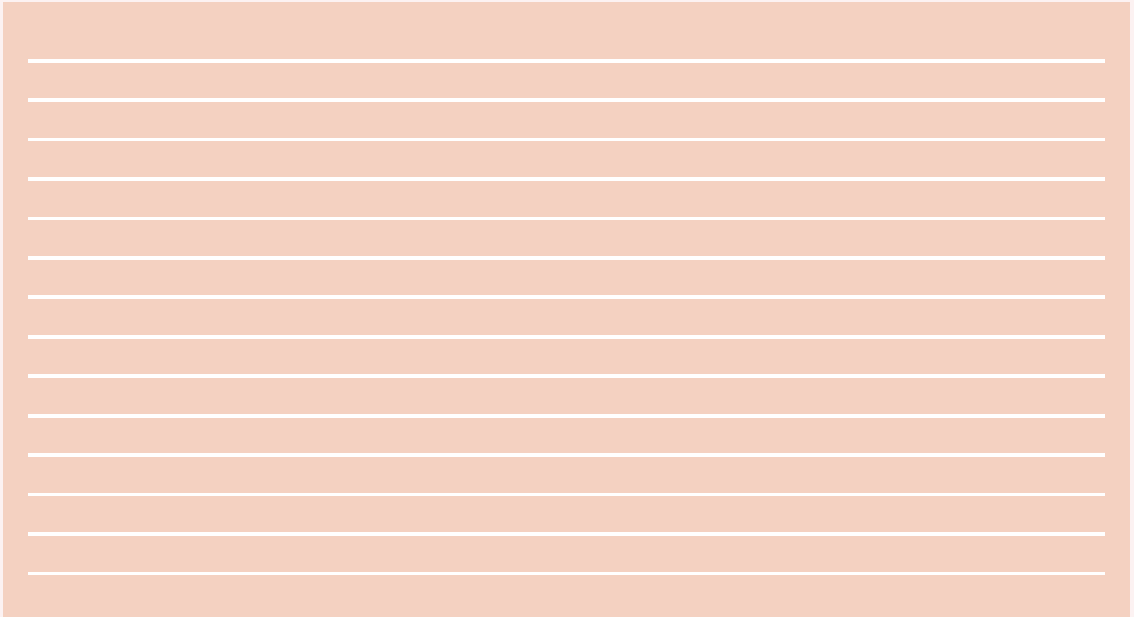
Imagine going back in time and talking to your younger self. How old were you when you experienced this incident? What would you tell yourself? What does she/they need to hear from you to feel safe and loved today?



Step 5: Reframe the Experience

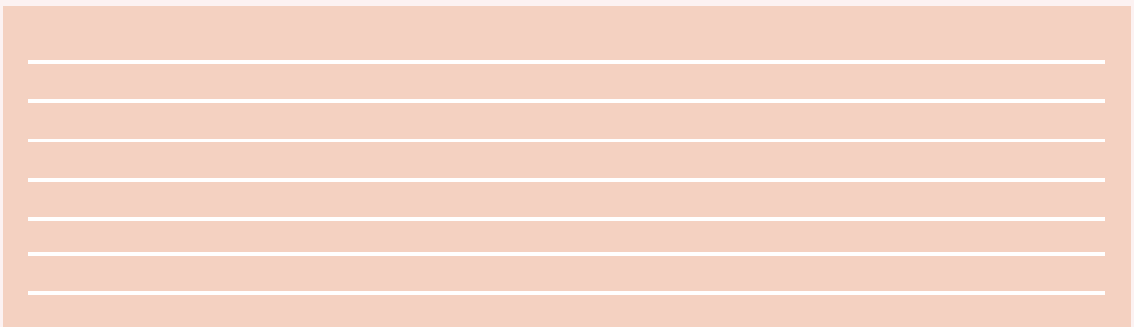
Reflect on how this moment shaped you. What lessons or strengths have you gained from surviving this pain? How can you use this experience to fuel your growth and resilience?

Narrative Therapy: Rewriting your story with a new, empowering perspective.



Write a Quote, Scripture or Positive Affirmation

Positive Affirmation: "I am worthy of love, respect, and kindness. My pain does not define me; my healing does."



WATCH ME HEAL

Moment Utility vs. Remembered Utility in Trauma

Moment Utility refers to how the traumatic event affected you at the time. Reflecting on the utility helps you process how you survived and what coping mechanisms you used.

Remembered Utility refers to how the trauma impacts you now as you reflect on it. Understanding this helps identify lingering beliefs and behaviors shaped by the trauma.

1

What did this moment teach me about myself?

2

How do I carry this memory today?

3

Are there beliefs or behaviors I need to challenge or release?



Yushima Cherry Burks

Speaker | Author | Advocate | Coach

Yushima Cherry Burks, founder of ChatHerBox: Wellness Architect | Program Curator, formally known as Chatterbox Therapists, is an internationally recognized author whose works focus on healing from trauma and personal development. As a Licensed Master Social Worker (LMSW), highly requested motivational speaker, CEU Approved Trainer, advocate, and trauma-informed coach, she is dedicated to helping individuals heal, grow, and reclaim their lives. With expertise in trauma-informed care, crisis response, and advocacy, Yushima provides transformative guidance through coaching, speaking engagements, and impactful content. Her published works explore interpersonal trauma, self-worth, and intentional decision-making, offering readers and audiences the tools to navigate adversity, set healthy boundaries, and step into their full power and purpose. Whether on stage, in print, virtually, or in one-on-one sessions, Yushima's mission remains the same—helping others break cycles, embrace healing, and design lives that reflect their purpose.

AS SEEN IN: **WAAY 31**

**Black Women's
50+ Magazine**

**Jukebox
Magazine**

**Tamarind Hill
Press**

**Journal
Sentinel**

NOTABLE PUBLICATIONS INCLUDE




-  Biblical Blueprints: A 90-Day Devotional
-  My Medical Journal: Navigate the challenges of forgetting prescriptions, tracking symptoms, documenting appointments and treatments effortlessly"
-  Picking Up the Pieces to 100 Broken Promises
-  A Companion Workbook to Picking Up the Pieces to 100 Broken Promises: Heal from Interpersonal Trauma
-  124 Days Gratitude Journal

SIGNATURE TOPICS

- ✓ Women Empowerment
- ✓ Wellness and Self-care
- ✓ Managing Anxiety and Stress
- ✓ Being Your Authentic Self
- ✓ Prioritizing Mental Health in the Workplace
- ✓ The Co-Parenting Collective
- ✓ Parenting Groups
- ✓ The Psychology of Parenting
- ✓ Unraveling Relationships: The Beauty & the Chaos
- ✓ The Rebuilding: Restoring the Emotional, Physical, and Spiritual Architecture After Relationship Trauma

LET'S KEEP IN TOUCH!

Plases feel free to connect with me, with any concerns or questions.

-  [Schedule an Appointment](#)
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