

Trauma-Informed Resilience Readiness Checklist

A practitioner guide for determining when to stabilize, rebuild, or support meaning-making

Purpose of This Worksheet

This tool helps therapists determine which phase of trauma-informed resilience building is most appropriate. Rather than asking what to do next, it helps you ask what the client is ready for.

How to Use This Checklist

Check the statements that reflect your client's current presentation. Most checks indicate the appropriate phase. Clients may move between phases. Therefore, this worksheet is a flexible guide.

Phase 1: Stabilization Readiness (Safety First)

Focus: Regulation, safety, and predictability

	Client experiences emotional overwhelm or reactivity
	Client shows signs of shutdown or dissociation
	Difficulty staying present or focused
	Ongoing crisis or unstable environment
	Difficulty completing simple tasks
	Becomes dysregulated discussing stress
	Reports feeling unsafe internally or externally

Clinical Guidance: Prioritize grounding, routine, and support. Avoid insight-heavy or meaning-making work.

Phase 2: Rebuilding Readiness (Capacity & Agency)

Focus: Skills, engagement, and forward movement

	Returns to baseline after distress
	Can tolerate mild discomfort
	Engages in structured tasks
	Shows interest in change
	Identifies small goals
	Emerging sense of control
	Beginning social reconnection

Clinical Guidance: Focus on problem-solving, small wins, coping flexibility, and reconnection.

Phase 3: Meaning-Making Readiness (Optional Growth Work)

Focus: Reflection, integration, and growth

	Consistent emotional regulation
	Can reflect without overwhelm
	Curiosity about meaning or identity
	No pressure to find meaning
	Can hold pain and possibility
	Open to perspective shifts
	Interest in growth

Clinical Guidance: Gently introduce meaning-making and optional PTG tools. Avoid forcing growth.

Reflection

Are you responding to what your client is showing you, or what you hope they are ready for? What is your clinical rationale for your intervention and decision?

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