

Arousal Diary PTSD Worksheet

Name:

Monitoring Your Arousal

Hyperarousal Incident

Describe an incident when you experienced hyperarousal:

What do you think triggered it?

What were you thinking? How did you feel? What did you do?

Date/Occasion of Hyperarousal:

Trigger(s):

Arousal Diary

Note:

If you feel that you cannot handle arousal symptoms, please see a doctor, psychotherapist, or trauma counselor. Although we cannot consciously control some of our bodily functions, we can learn how to control and manage others.

Record more of your thoughts, triggers, and coping strategies here:



Remember, it's essential to consult a healthcare professional for diagnosis and treatment of PTSD or any other mental health condition.