

# Assessing Your Humor PTSD Worksheet

Client's Name: \_\_\_\_\_ Date: \_\_\_\_\_

**Instructions:** Please answer the following questions to the best of your ability. Your responses will help us understand the role of humor in your PTSD experience.

**1. How often do you use humor to cope with your PTSD symptoms?**

- Rarely
- Occasionally
- Frequently
- Always

**2. Can you describe a specific situation where humor has helped you alleviate stress or anxiety related to your PTSD? Please provide details.**

**3. Do you believe that humor has been a helpful tool in your PTSD recovery process? Why or why not?**

**4. Do you find any specific types of humor, such as jokes, comedy shows, or funny books, particularly effective in managing your symptoms?**

**5. In what ways can healthcare practitioners, friends, or family members support your use of humor as a coping mechanism for PTSD?**

**6. Are there instances where humor has been counterproductive in managing your PTSD symptoms? Please share those experiences, if any.**

**7. Are there any specific concerns or challenges you face when trying to incorporate humor into your healing process?**

**8. How comfortable do you feel discussing humor and its role in your PTSD recovery with your healthcare practitioner?**

- Very comfortable
- Somewhat comfortable
- Not very comfortable
- Not comfortable at all

**9. Is there anything else you would like to share regarding your use of humor about your PTSD?**

**10. What are your goals for integrating humor as a positive coping strategy in your PTSD treatment plan?**

**Please return this completed worksheet during your next session so we can better support your healing journey.**

**Healthcare Practitioner's Name:** \_\_\_\_\_

**Signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_