

Characteristics of Happy People PTSD Worksheet

Name:

Physician's Name:

Date:

Check off the characteristics that most happy people share that you have:

<input type="checkbox"/> Hopeful	<input type="checkbox"/> Authentic
<input type="checkbox"/> Optimistic	<input type="checkbox"/> Present, but planning for the future
<input type="checkbox"/> Kind	<input type="checkbox"/> Adaptable
<input type="checkbox"/> Positive feelings	<input type="checkbox"/> Tangible values
<input type="checkbox"/> Zest for life	<input type="checkbox"/> Compassionate
<input type="checkbox"/> Express gratitude	<input type="checkbox"/> Cooperative
<input type="checkbox"/> Curious	<input type="checkbox"/> Able to love and receive love
<input type="checkbox"/> Self-confidence	<input type="checkbox"/> Resilient thinking

Describe yourself using the positive characteristics that you have.

What are the characteristics you don't have but would like to have? Why would you like to have them?

How will you learn to develop the characteristics you mentioned? What do you need to learn?