Characteristics of Happy People PTSD Worksheet

Name:	
Physician's Name:	Date:
Check off the characteristics that most happy people share that you have:	
☐ Hopeful	Authentic
Optimistic	☐ Present, but planning for the future
☐ Kind	□ Adaptable
☐ Positive feelings	☐ Tangible values
☐ Zest for life	☐ Compassionate
☐ Express gratitude	Cooperative
Curious	☐ Able to love and receive love
☐ Self-confidence	☐ 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 loorn to dovolon the observatoriation you mentioned? What do you need to	
How will you learn to develop the characteristics you mentioned? What do you need to learn?	

Mandić, T., PhD. (2019). Pursuing Happiness. In The PTSD Workbook (pp. 242). Between Sessions Resources.