

# Controlling Your Urges PTSD Worksheet

<b>Name</b>		<b>Date</b>
<b>Instructions:</b>  Begin by identifying specific triggers or situations that tend to lead to urges or impulsive behaviors related to your PTSD. Write them down in the left-hand column.  In the middle column, note the thoughts and emotions that arise when you encounter these triggers. In the right-hand column, list alternative, healthier ways to cope with these urges or impulses.		
<b>Triggers and Situations</b>	<b>Thoughts and Emotions</b>	<b>Healthy Coping Strategies</b>
1.		
2.		
3.		
4.		
5.		
Write down the names and contact information of people you can reach out to in times of distress, such as friends, family members, or therapists.		
Outline the steps you will take when triggered or when you experience urges.		

As you track your experiences, what patterns or trends do you notice in the intensity and frequency of your triggers and urges?

How have your coping skills and strategies evolved as you've used this worksheet over time?

**Additional notes**