

# Daily Happiness Log PTSD Worksheet

Client Name: \_\_\_\_\_ Date: \_\_\_\_\_

**Instructions:** Each day, take a few minutes to complete this log to track your daily experiences and emotions. This practice can help you focus on moments of happiness and gratitude, even as you navigate the challenges of PTSD.

## 1. Three Things I Am Grateful For Today:

1.

2.

3.

## 2. Positive Experiences Today:

- Describe any positive moments or experiences you had today.

1.

2.

3.

## 3. How Did I Cope with Triggers Today?:

- Note any triggers you encountered and how you managed them.

1. Trigger: \_\_\_\_\_

Coping Strategy: \_\_\_\_\_

2. Trigger: \_\_\_\_\_

Coping Strategy: \_\_\_\_\_

3. Trigger: \_\_\_\_\_

Coping Strategy: \_\_\_\_\_

#### 4. Daily Mood Check:

- Rate your overall mood today on a scale from 1 (very negative) to 10 (very positive).

Mood Rating: \_\_\_\_\_

#### 5. Self-Compassion Practice:

- Write an encouraging and compassionate message to yourself.

#### 6. What Could Improve Tomorrow?:

- Reflect on what you can do to make tomorrow better.

1.

2.

3.

#### 7. Additional Notes:

- Use this space for any additional thoughts, feelings, or insights.