

Digressions PTSD Worksheet

Name	Date
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Instructions: This worksheet is designed to help you explore and understand your thoughts, feelings, and behaviors related to your experience of PTSD. Take your time to fill it out honestly and reflect on your responses. This can be a valuable tool for self-awareness and communication with a therapist or support system.

Write down the traumatic event(s) that have contributed to your PTSD.

List situations, people, or things that trigger your PTSD symptoms. Rate the intensity of your emotional reaction (1-10, with 1 being minimal and 10 being severe) for each trigger.

Trigger	Rating

Write down any recurring negative thoughts or beliefs related to the traumatic event(s).

Describe the emotions you experience when triggered or when thinking about the traumatic event(s).

List any physical sensations or symptoms that accompany your PTSD, such as racing heart, sweating, or muscle tension.

Identify any behaviors or actions you engage in as a result of your PTSD symptoms.

Recognize any unhealthy or negative coping mechanisms you have used.

List healthy coping strategies you have used in the past to manage your PTSD symptoms.

Write down the names of people in your support system who you can talk to about your PTSD.

Set specific, achievable goals for managing your PTSD symptoms. These could be related to reducing triggers, changing negative thoughts, or improving coping strategies.

Additional notes