

Discussing Happiness with an Alien PTSD Worksheet

This worksheet is designed to help healthcare practitioners engage their clients in a therapeutic conversation about happiness and well-being, particularly in the context of Post-Traumatic Stress Disorder (PTSD) treatment. It can be used to facilitate discussions and interventions to improve mental health and quality of life.

Patient Information:

- Full Name:
- Date of Birth:
- Session Date:
- Therapist's Name:

Understanding Trauma:

- Briefly describe your traumatic experience(s) that led to your PTSD.
- How has this trauma affected your overall well-being and happiness?

Current Emotional State:

- On a scale from 1 to 10 (1 being very unhappy, 10 being very happy), where do you currently place yourself in terms of happiness?
- Describe the emotions and feelings you typically experience daily.

Challenges and Triggers:

- What specific challenges or triggers related to your trauma affect your happiness?
- Are there any recurring thoughts or memories that make you unhappy?

Coping Mechanisms:

- What strategies or coping mechanisms have you used to manage the impact of your trauma on your happiness?
- How effective have these strategies been?

Goals and Aspirations:

- What would you like to achieve in terms of happiness and well-being?
- Can you envision a future where your trauma has less control over your happiness?

Therapeutic Interventions:

- Discuss therapeutic approaches or strategies that have helped address your PTSD and improve happiness.
- Are there new interventions you'd like to explore?

Support System:

- Who are your main sources of support, both personally and professionally?
- How can your support system contribute to your happiness and recovery?

Homework and Self-Care:

- Identify homework assignments or self-care activities to work on before the next session to enhance happiness.
- What activities or strategies can you integrate daily to improve happiness?

Provider's Notes: