

DOUBLE BIND COMMUNICATION TRAPS PTSD

SECTION 1: Understanding Your PTSD-related Communication Issues

Describe a recent scenario where you felt misunderstood due to your PTSD.

Scenario Description	Feelings Experienced	Contextual Factors	Potential Double-Bind Messages

SECTION 2: The Art of Talking

Reflect on a recent conversation. Analyze how you conveyed your messages and perceptions.

Strategy or Perception Expressed	Did it cause confusion? (Yes/No)	Improvement Suggestions

SECTION 3: The Art of Listening

Consider a recent time you were listening in a conversation. Evaluate your listening skills.

Listening Technique Used	Was it Effective? (Yes/No)	How could it have been more receptive?

SECTION 4: Double Bind Situations

Identify situations where you felt trapped in a double-bind and respond with potential ways to break free.

Double-Bind Message Received	Your Reaction	Potential Solutions or Alternative Responses

SECTION 5: Message Break Exercise

Break down double-bind messages you commonly encounter and brainstorm responses.

Double-Bind Message	Typical Reaction	Alternative Responses

SECTION 6: Notes and Additional Observations

Use this space for any additional observations, feelings, or reflections that don't fit neatly into the above sections.

Date	Notes/Observations

This worksheet provides a structure, but always ensure that you're discussing these findings with a therapist or counselor, as they can provide additional insight and guidance.

Source: Between Sessions Resources. (2019). The PTSD Workbook [PDF version]. Retrieved from https://www.betweensessions.com/wp-content/uploads/2019/10/The_PTSD_Workbook-PDF_VERSION.pdf pages 152-157 of attached PDF