

# Explosive Triggers Log PTSD Worksheet

<b>Name</b>	<b>Date</b>
<b>Time</b>	<b>Location</b>
Trigger description	
Physical sensations	
Emotional reactions	
<b>Before the trigger</b>	
<b>Emotion</b>	<b>Intensity</b>
<b>During the trigger</b>	
<b>Emotion</b>	<b>Intensity</b>
<b>After the trigger</b>	
<b>Emotion</b>	<b>Intensity</b>

What thoughts or beliefs went through your mind during the trigger? Were there any cognitive distortions involved in your thinking?

Describe how you reacted or behaved during and after the trigger. Did you engage in any avoidance behaviors or coping strategies?

On a scale from 1 to 10, how distressing or overwhelming was this trigger, with 1 being not distressing at all and 10 being extremely distressing?

List any coping strategies you used or attempted to use during or after the trigger. Were they effective in reducing your distress?

Note anything that helped you manage the trigger or reduce its impact, even if it was a small improvement.

Reflect on what you could do differently next time you encounter a similar trigger to manage your symptoms more effectively.

**Additional notes**