

# Fostering Closeness in Your Relationships PTSD Worksheet

**Name:**

**Objective:** To enhance the emotional well-being of individuals with PTSD by facilitating reflection, understanding, and action towards building stronger and more supportive relationships.

**You Should Know:** Building and fostering closeness in relationships can be particularly challenging when dealing with PTSD. It's not solely about the activities you engage in, but also about your emotional responses, open communication, and shared experiences. This worksheet is designed to help individuals with PTSD identify, address, and overcome the obstacles that may hinder their connections with loved ones.

## **A Few Suggestions:**

1. **Self-Reflection:** Begin by exploring your emotional responses within your relationships and acknowledge the impact of PTSD on your interactions.
2. **Identifying Patterns:** Recognize recurring patterns or challenges in your responses to different relationships and situations.
3. **Action Planning:** Develop a set of actionable steps and strategies to enhance your connections, including improving communication and setting boundaries.

**Challenges to Address:** Note specific challenges you've faced in fostering closeness due to your PTSD.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**Actions to Improve Relationships:** List practical steps you can take to enhance your relationships and plan how you will implement them.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

*This worksheet is inspired by "The PTSD Workbook" authored by Tijana Mandic, Ph.D., offering a structured approach to fostering closeness in relationships for individuals dealing with PTSD.*