

# Grieving Process PTSD Worksheet

Name

Date

This worksheet is designed to help you navigate the grieving process while also considering the unique impact of PTSD on your journey. Remember that healing is a gradual process, and it's okay to seek support from professionals or loved ones during this time.

List the losses you are currently grieving. These losses may be related to death, relationships, health, or any other significant life changes.

Describe your experience of grief. How do you feel physically, emotionally, and mentally when you think about or confront your losses?

How has PTSD impacted your grief process? Are there specific triggers or symptoms of PTSD that have made grieving more challenging?

Identify healthy coping strategies that have helped you manage your grief and PTSD symptoms. These can be activities, techniques, or support systems that bring you comfort and relief.

Recognize any unhealthy coping mechanisms you may be using to numb or avoid your grief and PTSD symptoms. These could include substance abuse, isolation, or excessive work.

List the people in your life who can provide emotional support during your grieving process. Consider reaching out to them when needed.

Reflect on your self-talk and self-compassion. Are you being kind and patient with yourself as you navigate grief and PTSD? If not, what steps can you take to be more self-compassionate?

Write down a positive affirmation or mantra that you can remind yourself of during difficult moments.

**Additional notes**