

# Hallucination Diary PTSD Worksheet

Client Name: \_\_\_\_\_ Date: \_\_\_\_\_

**Instructions:** This Hallucination Diary is designed to help you or your client track and understand hallucinations related to PTSD. Please use this worksheet daily or as needed to record experiences and emotions associated with hallucinations. Discuss the completed diary with your healthcare practitioner during therapy sessions for better insight and treatment planning.

Date and Time:

Date: \_\_\_\_\_

Time: \_\_\_\_\_

## Hallucination Description:

Describe the hallucination you experienced, including sensory details (visual, auditory, etc.), duration, and intensity.

## Trigger or Context:

Identify any triggers or situations that may have led to the hallucination.

## Emotions and Feelings:

Note your emotional state before, during, and after the hallucination. Be specific about what you felt.

## Thoughts:

Record any thoughts or beliefs you had during the hallucination. Did you perceive the situation accurately, or were there distortions in your thinking?

**Coping Strategies:**

List any coping techniques you tried to manage the hallucination (e.g., grounding exercises, deep breathing, positive self-talk).

**Impact on Daily Life:**

Describe how this hallucination affected your daily functioning, such as work, relationships, or activities.

**Duration of Distress:**

Indicate how long the distress or discomfort associated with the hallucination lasted.

**Intensity (Scale 1-10):**

Rate the overall intensity of the hallucination and the associated distress on a scale of 1 to 10, with 1 being minimal and 10 being severe.

Hallucination Intensity: \_\_\_\_\_

Distress Intensity: \_\_\_\_\_

**Additional Notes:**

Use this space to add any other relevant information or insights related to your hallucination experience.

**Therapist's Comments (if applicable):**

Healthcare practitioners can provide their observations, insights, or recommendations in this section.

**Next Steps:**

Based on the information recorded in this diary, discuss potential strategies or adjustments to your treatment plan with your healthcare practitioner.