

How You Manage Your Intrusive Thoughts PTSD Worksheet

Patient Information

Patient Name:

Date of Birth:

Date of Assessment:

Identifying Triggers

List situations or triggers that lead to intrusive thoughts:

- 1.
- 2.
- 3.

Describing Intrusive Thoughts

Describe the nature of your intrusive thoughts, including content, frequency, and intensity:

- 1.
- 2.
- 3.

Emotions and Reactions

How do these intrusive thoughts affect your emotions and behaviors?

- 1.
- 2.
- 3.

Current Coping Mechanisms

List the strategies you currently use to manage intrusive thoughts:

- 1.
- 2.
- 3.

Evaluation of Effectiveness

Assess the effectiveness of your current coping mechanisms:

- 1.
- 2.
- 3.

Exploring New Strategies

Consider new coping strategies you are willing to try:

- 1.
- 2.
- 3.

Setting Goals

Set specific, measurable, and time-bound goals for managing intrusive thoughts:

- 1.
- 2.
- 3.

Progress Tracking

Use this space to track your progress and revisit your goals regularly:

- 1.
- 2.
- 3.

Professional Notes

Therapist or healthcare professional can use this section to record observations, treatment plans, and insights from therapy sessions: