

Letter of Gratitude to Someone PTSD Worksheet

Instructions: Gratitude can play a role in your recovery from your trauma. By thinking about the good things you're grateful for, we can focus on those as we go about your recovery process to help ward off negative trauma-related emotions and PTSD symptoms.

For this exercise, you will write a letter to someone you are grateful for having in your life. You can write whatever you want so long as you're expressing gratitude to them.

Here are guide questions to help frame your thoughts:

- Who is the person you're most grateful for? Or, who are the people you're most grateful for?
- Why are you grateful to them? While dealing with your trauma, what role did these people play in your life?
- What are your most treasured memories with these people?
- What do you look forward to doing with them once you fully recover from your trauma?

