

Monitoring Your Memory Bugs PTSD Worksheet

Name: _____ Date: _____

Contact Information: _____ Therapist: _____

Instructions: Please assess and monitor memory-related issues with PTSD. Discuss and document your responses to track progress so healthcare practitioners can provide targeted interventions.

Section 1: Memory Triggers

1. What specific triggers or cues seem to affect the client's memory related to their PTSD? (e.g., sounds, smells, images)

- Trigger 1:

- Trigger 2:

- Trigger 3:

Section 2: Memory Challenges

1. Ask the client to describe any memory challenges they've encountered due to their PTSD. Document their experiences, such as forgetfulness, difficulty concentrating, or memory lapses.

- Memory Challenge 1:

- Memory Challenge 2:

- Memory Challenge 3:

Section 3: Memory Improvement Strategies

1. Discuss and explore potential memory improvement strategies with the client. Encourage them to identify techniques they find helpful in managing their memory issues.

- Strategy 1:
- Strategy 2:
- Strategy 3:

Section 4: Progress Tracking

1. During subsequent sessions, record any changes in the client's memory-related symptoms and their success in implementing memory improvement strategies.

- Date: _____
 - Memory Symptom Status:
 - Comments:

Section 5: Action Plan

1. Collaboratively develop an action plan with the client to address their memory bugs. Set specific goals and steps to work on between sessions.

- Goal 1:
 - Steps:
- Goal 2:
 - Steps:

Section 6: Additional Notes

1. Use this section to document any additional information, insights, or observations relevant to the client's memory-related issues and progress.

- Notes:

- Recommendations:

Section 7: Review and Feedback

1. Review the completed worksheet with the client. Encourage them to provide feedback on their experiences and the effectiveness of the strategies discussed.

- Client's Feedback: