

My Intrusive Thought Patterns PTSD Worksheet

Name: _____ Age: _____

1. Recent intrusive thought

Describe a recent intrusive thought briefly. What emotions did it trigger, and how distressing was it on a scale from 1 to 10?

Thought rating:

1

2

3

4

5

6

7

8

9

10

2. Cognitive distortions

Identify any cognitive distortions associated with the thought (e.g., catastrophizing, all-or-nothing thinking).

3. Reframing the thought

Challenge the thought's validity. Is it based on evidence or assumptions? Rewrite it in a more balanced way.

4. Triggers and patterns

List common situations or triggers for your intrusive thoughts. Are there recurring themes or categories in your intrusive thoughts?

5. Coping strategies

Mention one coping strategy you'll use to manage intrusive thoughts (e.g., mindfulness, positive affirmations, relaxation).