

My Ten Most Disturbing Trauma Symptoms PTSD Worksheet

Name: _____ Date: _____

Practitioner's Name: _____

Instructions: Think of your ten most disturbing PTSD symptoms. With them in mind, fill out the chart below by writing down the symptoms, ranking them from 1-10, and describing how each affects you most to least severe. Focusing on these ten, rank them according to their severity: **1** = least severe, **10** = most severe. Write your ranking in the center column. Consider these symptoms and describe them in the right column, starting with the most severe and working your way through to the least.

My most disturbing symptoms	Severity	Describe the symptom. How does it affect me?

Reference:

Mandić, T., PhD. (2019). Understand Your Trauma. In *The PTSD Workbook* (p. 8). Between Sessions Resources.