

Normalizing Your Nightmares PTSD Worksheet

Your full name:

Your therapist/counselor's full name:

Date submitted:

If you've been having nightmares due to a traumatic experience you, unfortunately, had to go through, it's understandable if your sleep patterns have been negatively affected.

As understandable as that is, it's not good to just let you keep dreaming about your horrible experience or similar scenarios, so we'd like you to engage with this worksheet so that you can learn how to confront your nightmares.

We don't have to go through all of them. Let's go with the one that bothers you the most or you remember most vividly. What would that nightmare be? Please write a summary below:

Part I: Discuss facts about the nightmare:

Now that you've identified the nightmare you want to tackle and work through, let's discuss the specifics of your nightmares, starting with basic facts about it. Below are prompts and guide questions to help you frame your thoughts. Please answer as descriptively as possible.

1. Who are the characters in your nightmare?

2. What is the setting?

3. Describe what each character is doing.

4. Are there any important objects? If so, what are they, and why are they important?

5. Would you consider these objects as symbols? If so, what do they symbolize?

6. What time is it? What's the weather like?

Part II: Talk about yourself in light of the nightmare:

Since we're done discussing the specifics of your nightmare, let's talk about you in the nightmare. Please answer the following prompts and guide questions with as much detail as possible:

1. In your nightmare, what is your role? Are you an active participant or an observer?

2. What are you doing in this nightmare? Or what do you think you're supposed to be doing in this nightmare?

3. What emotions do you feel in this nightmare?

4. What do you think about as you go about your business in the nightmare?

5. What bodily sensations do you feel?

6. How did the nightmare end? Do you wake up at a certain point, and if this is a recurring nightmare, do you often wake up at said point?

7. What sensations do you have immediately after waking up?

Part III: Become the director of your dreams:

Imagine being a film director and you were handed a “bad” script (your nightmare). You’re given leeway to make alterations to the script. What would you change to make it something worth directing and watching through the end? Please answer the following prompts with as much detail as you can.

1. Change the nightmare’s plot into something more pleasant to you.

2. Change the characters or change what they’re doing and what happens to them.

3. Change the objects and what they symbolize.

4. Change the colors and the music.

5. Change the feelings you have in the dream.

6. Change the ending of the dream. Make changes that can help you find closure to the nightmare.