

Places from My Past PTSD Worksheet

Name: _____ Date: _____

Instructions: Select a specific place from your past that triggers your PTSD symptoms.

Answer the following questions to examine your feelings and reactions associated with that place.

1. Describe the Place:

What does it look like?

Are there any distinct sounds, smells, or textures?

What memories or events are linked to this location?

2. Emotional Reactions:

What emotions arise when you think of or visit this place?

Do you experience physical sensations?

Are there specific triggers that intensify your emotions?

3. Coping Strategies:

How do you cope with triggers from this place?

Can you use relaxation techniques or grounding exercises?

Is there a way to reclaim power over your reactions?

This worksheet draws inspiration from "The PTSD Workbook" by Tijana Mandic, Ph.D., to help individuals explore and address memory-related challenges often experienced in the context of trauma.