

Post Traumatic Growth Worksheet

Patient Information	
Name:	
Date of Birth:	
Address:	
Emergency Contact:	

Health Information	
Medical History:	
Current Medications:	
Allergies:	
Primary Care Physician:	

Post-Traumatic Growth Assessment

Instructions: This worksheet is designed to help you explore and foster growth in the aftermath of a traumatic experience. Reflect on each section and jot down your thoughts and feelings. Feel free to take your time and be honest with yourself.

1. Understanding the Trauma

(Describe the traumatic event in detail. How has it impacted your life, emotions, and relationships?)

2. Coping Strategies

(List the coping mechanisms you've used since the trauma. Identify which strategies have been helpful and which may need adjustment.)

3. Identifying Strengths

(Reflect on personal strengths that have emerged or strengthened post-trauma. How have these strengths helped you navigate challenges?)

4. Positive Changes

(List any positive changes you've noticed within yourself. How have these changes influenced your perspective on life?)

5. Setting Goals

(Establish short-term and long-term goals for personal growth. Consider how these goals align with your values and aspirations.)

6. Building Support Systems

(Identify individuals or communities that provide support. How can you strengthen these connections for ongoing healing?)

7. Gratitude and Appreciation

(Reflect on aspects of life you are grateful for despite the trauma. How can practicing gratitude contribute to your well-being?)

8. Meaning-Making

(Explore any new meanings or purposes that have emerged. How can you integrate these into your daily life?)

This worksheet is a tool for self-reflection and growth. It is advisable to review your responses with a mental health professional to further enhance your healing journey.

Therapist's Signature:

Therapist's Name:

Date: