

# Resilience Potential PTSD Worksheet

Client name: \_\_\_\_\_ Age: \_\_\_\_\_ Date: \_\_\_\_\_

**Introduction:** Let's begin by setting clear goals and strategies to support your journey to recovery.

## Part 1: Goal setting

### 1.1. Define your specific resilience-building goals

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### 1.2. Make these goals attainable and measurable

How will you measure progress toward each goal?

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## Part 2: Self-reflection

### 2.1. Reflect on your current emotional state

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What emotions are you currently experiencing related to your trauma or PTSD?

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### 2.2. Identify triggers and stressors

What situations or stimuli trigger your distress or anxiety?

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### Step 3: Coping strategies

#### 3.1. Select appropriate coping strategies

Choose from mindfulness, deep breathing, journaling, self-care, or any others that resonate with you

#### 3.2. Describe how you will implement each coping strategy in your daily life

#### Notes