




**Selfie Display Page**

**Day 1**

- Paste selfie here.

**Day 2**

- Paste selfie here.

**Day 3**

- Paste selfie here.

**Day 4**

- Paste selfie here.

**Day 5**

Paste selfie here.

**Day 6**

- Paste selfie here.

**Day 7**

- Paste selfie here.

**Day 8**

- Paste selfie here.

**Day 9**

- Paste selfie here.

## Day 10

- Paste selfie here.

### Reflection on Selfies

*Favorite Selfie:*

Date: \_\_\_\_\_ Location: \_\_\_\_\_

I recall the atmosphere as a \_\_\_\_\_ morning/day/evening/night, bringing forth feelings of \_\_\_\_\_.

Observing this image, my portrayal strikes me as \_\_\_\_\_.

Emotionally, the photo evokes \_\_\_\_\_.

Reason for favoritism:

*Least Favorite Selfie:*

Date: \_\_\_\_\_

Location: \_\_\_\_\_

The environment was notably \_\_\_\_\_ that morning/day/evening/night, evoking feelings of \_\_\_\_\_.

On scrutiny, my representation appears \_\_\_\_\_ and it elicits feelings of \_\_\_\_\_.

Reason for least preference:

### Continued Engagement Advice:

To maintain emotional awareness, continue the daily selfie routine. Extend the table and photo sheets as needed. Dedicate time every ten days for introspection and draft reflections on your most and least preferred selfies. Use this format as a foundation.

Source: Mandić, Tijana (2019). *The PTSD Workbook: A Journey to Resilience and Beyond* [Cover and interior design by M. Canavan]. Norwalk, CT: Between Sessions Resources. pages 165-168