Selfie Diary PTSD

Name:	
Address:	
Phone Number:	
Email Address:	

Selfie Diary Activity

Applicant Details

Engage in the Selfie Diary exercise to aid in alleviating feelings of PTSD and depersonalization. Capturing your daily visage helps bridge the connection with your personal identity, offering insights into emotional and perceptual shifts over time.

Instructions:

- 1. Commit to a selfie daily for a span of ten consecutive days.
- 2. Whenever feasible, print and attach your selfies to the respective pages.
- 3. Provide detailed notes accompanying each selfie in the spaces given below.

Selfie Diary Log

Date/Time	Location & Circumstances	Thoughts & Feelings While Taking the Selfie
	Date/Time	

Selfie Display Page

Day 1

• Paste selfie here.

Day 2

• Paste selfie here.

Day 3

• Paste selfie here.

Day 4

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 of	_ morning/day/evening/night, bringing forth feelings				
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