

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