

Seligman's Four Strategies PTSD Worksheet

Patient Name:

Date:

Four Strategies Psychologist Martin Seligman found that applying the following strategies benefits one's resilience related to trauma recovery.

1. Changing your interpretation style from internal to external: look at the facts, listen to others explaining the event, and create a big picture of what happened to you.
2. Changing from global to specific is not the end of the world but a specific event that can be described in words and expressed in numbers.
3. Changing from permanent to temporary: rather than assuming everything is fixed and final, consider the possibilities of change.
4. Check your locus of control. Internal locus of control refers to the degree to which you believe that you have control over your life—as opposed to an external locus of control, where you believe the external forces are beyond your control, that they control your life. People with a solid external locus tend to praise or blame external factors. People with a solid internal locus tend to praise or blame themselves for everything that happened. Find a middle ground because this is the point at which your resilience resides

Think about a difficult time in your life that you went through and then moved on from. Using Martin Seligman's advice above, describe the event.

Read your description of the event and compare that with how you dealt with it. Are there differences? What are they? Which sounds more reasonable to you?