

# Six Pillars of Character PTSD Worksheet

Name:

Date:

Therapist/Counselor:

Describe the traumatic event(s) in detail:

## Pillar 1: Self-Awareness

Describe your emotional responses during and after the event(s):

What were your initial thoughts and feelings about the trauma?

## Pillar 2: Self-Reflection

Reflect on how the traumatic event(s) have affected your life:

What changes have you noticed in your behavior, thoughts, or relationships?

### **Pillar 3: Coping Strategies**

Identify your current coping mechanisms (positive and negative):

List healthy coping strategies you'd like to develop:

### **Pillar 4: Support System**

Who are the supportive individuals in your life?

How can they help you in your healing journey?