

# Sleeping, Eating, and Sexual Issues PTSD Worksheet

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

## Instructions:

Please complete this worksheet to help us better understand how PTSD may affect your sleep, eating habits, and sexual health. Be honest and specific in your responses.

## Sleeping Issues

- Describe your sleep patterns (e.g., difficulty falling asleep, waking up frequently, nightmares).
- Note any specific triggers or situations that affect your sleep.
- Share any coping mechanisms you use to improve your sleep.

John describes his sleep as restless. He has difficulty falling asleep and frequently wakes up during the night, often sweating and feeling anxious.

He mentioned that nightmares are a common occurrence, with themes related to past traumatic experiences.

To cope, he has tried deep breathing exercises and meditation before bedtime.

## Eating Issues

- Describe your eating habits (e.g., changes in appetite, emotional eating).
- Note any triggers that impact your eating habits.
- Share any strategies you've tried to improve your eating habits.

John has noticed significant changes in his appetite. He either eats very little due to a lack of interest in food or sometimes overeats, especially when feeling stressed or anxious.

Stress is a major trigger for his eating habits.

He has attempted to maintain a regular eating schedule and incorporate more fruits and vegetables into his diet.

## Sexual Issues

- Describe any changes or challenges in your sexual health or relationships.
- Note any triggers or situations that affect your sexual well-being.
- Share any steps you've taken to address these challenges.

John has experienced a decline in his sexual desire and encounters difficulty maintaining intimacy with his partner.

He mentioned that the fear of intrusive thoughts during sexual activity is a significant challenge.

To address this, John and his partner have started open communication about their sexual needs and boundaries.

## Emotional Connection

- Reflect on the emotions and feelings associated with your sleeping, eating, and sexual issues related to PTSD.

## Goals

- List specific, realistic goals for improving sleep, eating, and sexual health.

Improve sleep quality by reducing nightmares and waking episodes.

Establish a healthier relationship with food by managing stress-related eating patterns.

Enhance sexual intimacy with his partner by addressing intrusive thoughts and anxiety.

## Action Plan

- Outline the steps you will take to work towards your goals.
- Consider seeking professional help or therapy if needed.

John plans to explore Cognitive Behavioral Therapy (CBT) with a therapist specializing in PTSD to address sleep disturbances and intrusive thoughts.

He intends to establish a consistent eating routine and consider mindful eating techniques to manage stress-related eating.

John will work with his therapist to develop strategies for reducing anxiety during sexual activity, such as relaxation exercises and mindfulness techniques.

## Progress Tracking

- Review this worksheet to monitor your progress and adjust your goals and action plan as necessary.

Your honest responses will assist us in tailoring your treatment plan to address your specific needs. Thank you for your cooperation.

Medical Professional's Signature: \_\_\_\_\_

Practice Contact Information: \_\_\_\_\_