

# 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.

## 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.

## 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.

**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.

**Action Plan**

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

**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: \_\_\_\_\_