

# Spiritual Practices PTSD Worksheet

Name:

Date:

## Spiritual Awareness

**Objective:** To identify different types of spiritual practices and identify the potential positive and negative aspects of those practices for you.

### You Should Know

Broadly speaking, spirituality is the meaning that you seek in your life through connection with a higher power. While formal religion can certainly provide a sense of spirituality, you might seek to bring spirituality into your life outside of religion.

Research tells us that becoming more spiritual may be particularly helpful if you have experienced trauma, helping you deal with challenges. This makes sense because spirituality emphasizes the importance of a positive outlook, reflection on your goals and purpose, and seeking inner strength and peace in the context of living a value-based life.

This worksheet is designed to help you identify spiritual practices to help you through difficult times and also to enrich your day-to-day life. Although you may feel better from the very first time you try one of these practices, it is worth noting that bringing spirituality into your life is a long-term commitment, and you will see the most important changes to your emotional well-being over time.

### What to Do

Look at the list of spiritual practices below and check off the ones you think would be most helpful. Then answer the questions for each of the practices you have checked to help you commit to one or more of these practices. Add other practices you would like to try.

- Spending time appreciating nature (e.g., taking a walk in the woods or by the beach)
- Meditation
- Prayer
- Community service
- Keeping a journal
- Reading books about spirituality
- Yoga
- Other spiritual practices: \_\_\_\_\_

Spiritual Practice #1:

Specifically, how would you do this?

Write down the names of people you know who have a similar interest in this practice.

Write down any times in the past you have found this practice helpful.

Write down things that might get in the way of doing this practice on a regular basis.

Spiritual Practice #2:

Specifically, how would you do this?

Write down the names of people you know who have a similar interest in this practice.

Write down any times in the past you have found this practice helpful.

Write down things that might get in the way of doing this practice on a regular basis.

Spiritual Practice #3:

Specifically, how would you do this?

Write down the names of people you know who have a similar interest in this practice.

Write down any times in the past you have found this practice helpful.

Write down things that might get in the way of doing this practice on a regular basis.

Spiritual Practice #4:

Specifically, how would you do this?

Write down the names of people you know who have a similar interest in this practice.

Write down any times in the past you have found this practice helpful.

Write down things that might get in the way of doing this practice on a regular basis.