

# Stories My Friends Told Me PTSD Worksheet

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

Contact Information: \_\_\_\_\_ Therapist: \_\_\_\_\_

**Introduction:** This worksheet is designed to help you connect with the stories and experiences of your friends who have faced trauma. Engaging with these narratives aims to provide support, inspiration, and insights to aid in your healing journey.

## Step 1: Identify Supportive Friends

List the names of friends or loved ones who have shared their stories with you:

- 1.
- 2.
- 3.

## Step 2: Select Relevant Stories

Choose specific stories or anecdotes from the list above that have been particularly meaningful or impactful for you.

- Friend's Name: \_\_\_\_\_

- Story Summary:

- Why this story is important to you:

- Friend's Name: \_\_\_\_\_

- Story Summary:

- Why this story is important to you:

## Step 3: Analyze and Reflect

For each selected story, take some time to analyze and reflect on the following:

- Emotions: What emotions does this story evoke in you? How do you relate to these emotions?

- **Lessons:** What lessons or insights can be drawn from this story? How can these lessons be applied to your own journey?
- **Coping Strategies:** Are there coping strategies or resilience shown in the story that you can incorporate into your life?

#### **Step 4: Journal Your Reflections**

Write down your thoughts, emotions, and insights related to each story. Use this space to document your reflections:

- Story 1 Reflections:
  
  
  
  
  
  
  
  
  
  
- Story 2 Reflections:

#### **Step 5: Action Plan**

Based on your reflections, create an action plan for yourself. What steps or changes can you make to integrate the wisdom and resilience from these stories?

- Action Plan:
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#### **Step 6: Seek Support**

Consider sharing your findings and action plan with your therapist or counselor. They can provide guidance and support in implementing your plan and offer additional insights.