

# Stretching Out of Your Comfort Zone PTSD Worksheet

**Name:**

**Date:**

**Physician's Name:**

What comprises your comfort zone? What helps you feel safe but might be interfering with you moving forward? Be as detailed as you can.

**Things/Objects**

**People**

**Activities**

**Habits**

What are your thoughts and feelings about the unknown? What has helped in the past when you succeeded in moving out of your comfort zone into the unknown area of your life?

What items in your list represent "where the magic happens" for you?

What steps are you willing to take to get closer to "where the magic happens for you"? Be detailed and realistic but still optimistic.

**Today**

**Tomorrow**

**In the next week**

**In the next month**

**In the next year**

Mandić, T., PhD. (2019). R+, Resilient People. In *The PTSD Workbook* (pp. 193–196).  
Between Sessions Resources.