

# The Road to R+ PTSD Worksheet

Name:

Date:

## Part 1: Identifying Triggers (Yes/No Answers)

For each question, answer with "Yes" or "No" to indicate whether you have experienced triggers or situations that make you feel anxious, stressed, or overwhelmed.

**Have you noticed specific situations that make you feel anxious, stressed, or overwhelmed?**

- Yes
- No

**Are there particular places, people, or activities that tend to trigger your PTSD symptoms?**

- Yes
- No

**Can you recall recent instances when you experienced heightened distress or anxiety related to your triggers?**

- Yes
- No

## Part 2: Cognitive Reframing (Multiple Choice)

In Part 2, you'll explore the negative thoughts or beliefs associated with your triggers. Choose the option that best represents the thought that resonates with you.

**When encountering one of your triggers, which negative thought or belief resonates with you the most?**

- A. "I'm completely helpless."
- B. "I'm in danger."
- C. "I'm worthless."
- D. Other (Please specify): \_\_\_\_\_

**Consider the negative thought you chose in question 4. Do you think it's primarily based on:**

- A. Actual facts and evidence
- B. Assumptions or interpretations
- C. A mix of facts and assumptions

**Now, let's work on reframing the negative thought. Which of these alternative perspectives feels more balanced and realistic to you?**

- A. "I can find ways to cope with this situation."
- B. "I am always safe, and this situation doesn't define my worth."
- C. "I can't change my past, but I can control my future."
- D. Other (Please specify): \_\_\_\_\_

### **Part 3: Developing Coping Strategies**

These questions will guide you in identifying coping strategies that can help you manage your PTSD symptoms.

**What are some activities or techniques that help you relax and reduce stress? (e.g., deep breathing, mindfulness, physical exercise)**

**In moments of distress, how can you remind yourself to use these coping strategies effectively?**

**Who can you turn to for support when you're feeling overwhelmed? (e.g., friends, family, therapist)**

**Notes:**