

# Understanding Your Emotions When You're Upset PTSD Worksheet

## Patient Information:

Name: \_\_\_\_\_ Date of Test: \_\_\_\_\_

Date of Birth: \_\_\_\_\_ Medical Record Number: \_\_\_\_\_

**Instructions:** This worksheet is designed to help you gain insight into your emotions when you're feeling upset due to PTSD-related triggers. By identifying and understanding your emotions, you can work towards better emotional regulation and coping strategies. Please take your time to complete the following sections.

## Section 1: Identifying Triggers

- List specific situations or triggers that have recently caused you to feel upset due to your PTSD. (e.g., loud noises, crowded places, intrusive memories)

1.

2.

3.

## Section 2: Recognizing Emotions

- For each trigger listed in Section 1, describe the emotions you experienced. Be as specific as possible.

Trigger 1: \_\_\_\_\_

- Emotions: \_\_\_\_\_

- Intensity (1-10): \_\_\_\_\_

Trigger 2: \_\_\_\_\_

- Emotions: \_\_\_\_\_

- Intensity (1-10): \_\_\_\_\_

Trigger 3: \_\_\_\_\_

- Emotions: \_\_\_\_\_

- Intensity (1-10): \_\_\_\_\_

### **Section 3: Emotional Responses**

- How did you typically respond to these upsetting emotions in the past? (e.g., avoidance, anger, isolation)

1.

2.

3.

### **Section 4: Coping Strategies**

- List healthy coping strategies you can employ when faced with triggers and upsetting emotions.

1.

2.

3.

### **Section 5: Self-Care Plan**

- Develop a self-care plan to implement when you feel upset due to PTSD triggers. Include specific self-soothing activities and resources.

*Activities:*

1.

2.

3.

*Resources (e.g., support contacts, calming apps, crisis helplines):*

1.

2.

3.

## Section 6: Reflection

- Take a moment to reflect on how completing this worksheet has helped you understand your emotions and develop strategies for coping with PTSD-related upset.

*What insights have you gained? What changes do you plan to make in your response to triggers and emotions?*

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*Healthcare Practitioner's Notes and Recommendations:*

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*Next Appointment Date:* \_\_\_\_\_