

Unpacking Your Boredom PTSD Worksheet

Name:

Date:

Instructions: This worksheet is designed to help you better understand and manage the impact of boredom on your PTSD symptoms. Please follow these steps to effectively utilize the template:

Part 1

Describe a time when you felt really bored and how it made you feel.

What did you do when you were bored, and how did you think and act?

Did boredom ever motivate you to do something or make a change?

Can you tell when someone else is bored, and if so, what do you do?

How does boredom affect your relationships with others?

Part 2

Instructions: Please choose the option that best represents your feelings and experiences related to boredom:

A. Boredom Triggers: When I experience boredom, I often find it triggered by:

- Lack of interesting activities.
- A sense of restlessness.
- Feeling disconnected from my surroundings.
- Other (please specify): _____

B. Coping Mechanisms: When I'm bored, I typically cope by:

- Seeking out new activities or hobbies.
- Trying to engage more with my current surroundings.
- Reflecting on my thoughts and emotions.
- Other (please specify): _____

C. Motivation: Boredom motivates me to:

- Explore new experiences.
- Reconnect with existing interests.
- Reflect on my life and goals.
- Other (please specify): _____