

# Unpacking Your Despair and Hopelessness PTSD Worksheet

Your full name: \_\_\_\_\_

Your therapist/counselor's full name: \_\_\_\_\_

Date submitted: \_\_\_\_\_

**Instructions:** Despair and hopelessness are terrible feelings because they might prevent us from finding any meaning in our lives and lead us to believe that life is not worth living or that we don't matter to anyone. They are also dangerous because they can make us think of thoughts of self-harm/suicide, and if they're too much, we might act on them.

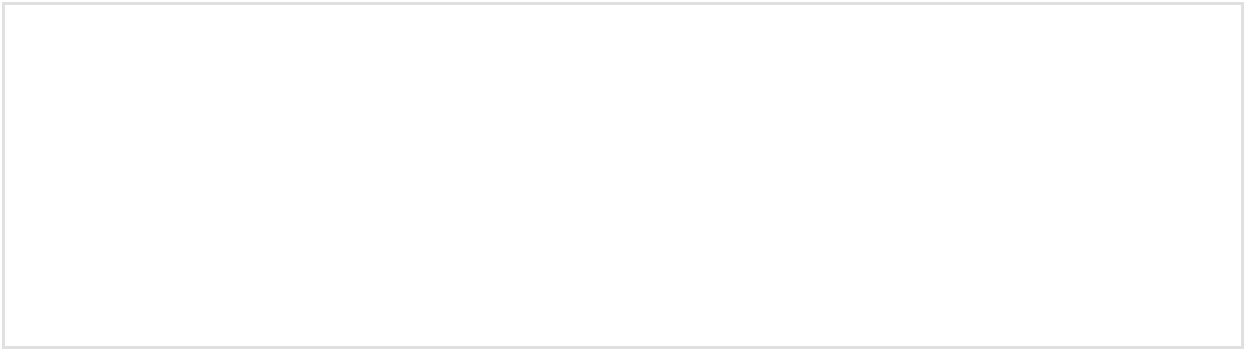
We'd like you to discuss your feelings of despair and hopelessness concerning your trauma and PTSD so we can identify key areas of concern and develop ways to help you face, examine, and become more cognizant of your PTSD-related despair and hopelessness and then help you work through your trauma down the line.

**Please answer the following questions:**

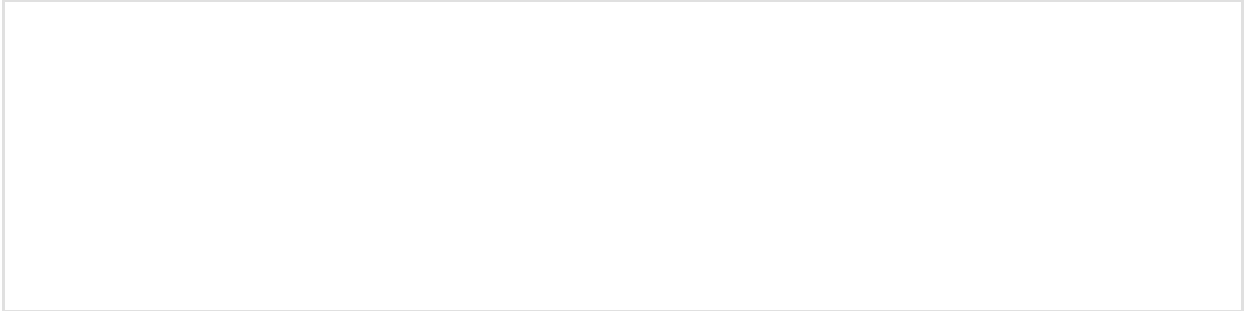
- 1. Describe the feeling or feelings of despair and hopelessness that you remember. What were the situations that made you feel despair and hopelessness?**

- 2. What did you do in those situations? What did you think about? How did you act?**

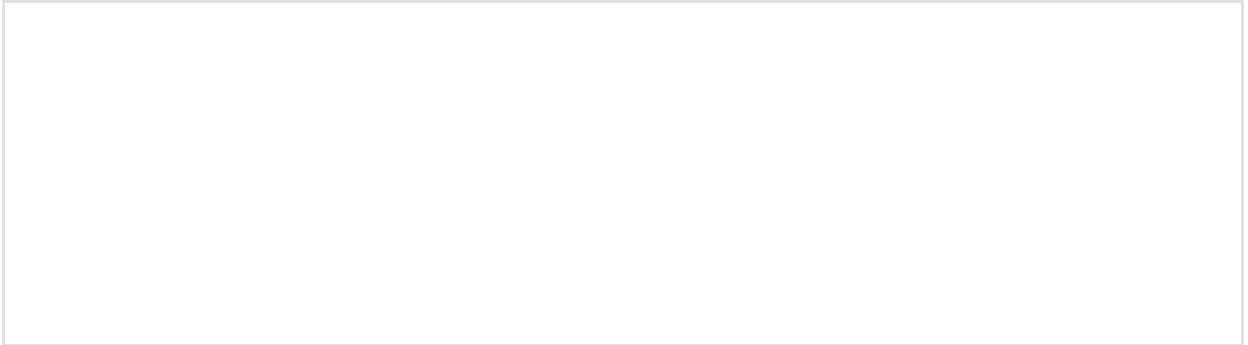
- 3. Did these thoughts and actions motivate you to confront your despair and hopelessness? If so, how?**



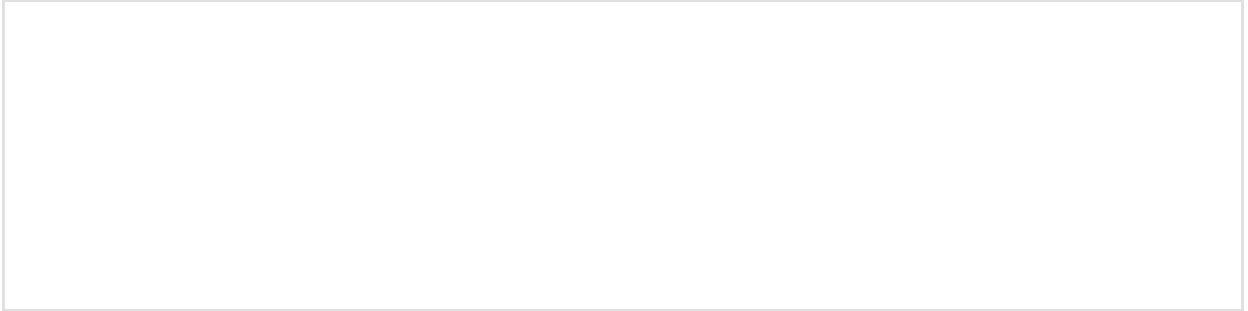
**4. Can you notice if other people are in despair and feeling hopeless? If so, what do you do about what you've noticed?**



**5. How do your despair and hopelessness influence your relationships?**



**6. OPTIONAL: Do you have coping strategies for your PTSD-related despair and hopelessness symptoms? It's okay if you don't as of now. We'll work together to help you cope.**



“Adapted from the original version created by Tijana Mandić, Ph.D. for the book The PTSD Workbook.”