

# Unpacking Your Disappointment PTSD Worksheet

**Your full name:**

**Your therapist/counselor's full name:**

**Date submitted:**

**Instructions:**

One of the emotions you'll likely feel due to trauma is disappointment. This can be disappointment in yourself, disappointment in others (because they're not there for you or for some other reason), disappointment because something awful happened to you, and disappointment in life.

We'd like to get to know your feelings of disappointment concerning your trauma. Please answer the following questions as descriptively as possible:

1. Describe the feeling or feelings of disappointment that you remember. What were the situations that made you feel disappointed?

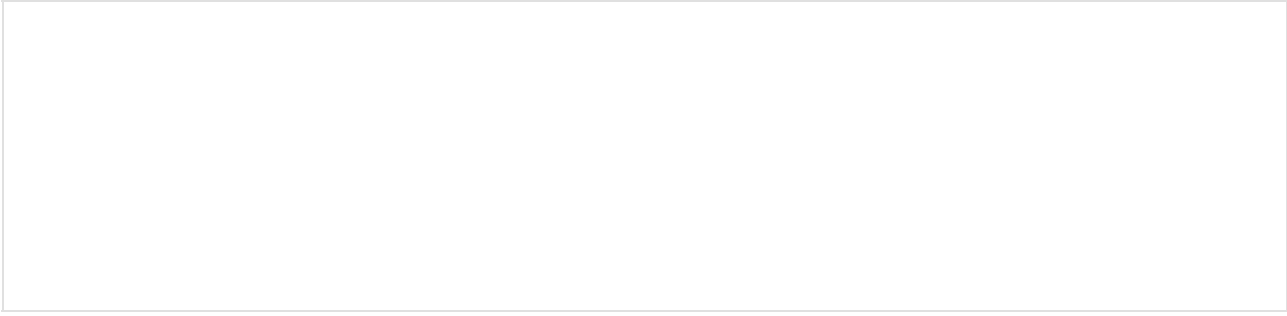
2. What did you do in those situations? What did you think about? How did you act?

3. Did these thoughts and actions motivate you to confront your feelings of disappointment? If so, how?

4. Can you notice if other people feel disappointed? If so, what do you do about what you've noticed?

5. How do your feelings of disappointment affect your relationships?

6. OPTIONAL: Do you have coping strategies for your PTSD-related disappointment? If so, what are they? It's okay if you don't have any 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*.