

Unpacking Your Gratitude PTSD Worksheet

Name:

Date:

This three-part Unpacking Your Gratitude PTSD Worksheet provides a structured framework for individuals to explore their trauma, practice gratitude, and reflect on their progress comprehensively.

Part 1: Understanding Your Trauma

Briefly describe the traumatic event or experience that has impacted your life.

Reflect on the emotions you associate with this trauma. How has it affected your emotional state?

Have you noticed any changes in your behavior as a result of the trauma? Describe them.

Part 2: Practicing Gratitude

List three specific moments or things in your life that you are grateful for, no matter how small they may seem.

Name individuals or sources of support in your life that you appreciate and are grateful for. Explain why.

Part 3: Reflecting and Progressing

Reflect on the impact of practicing gratitude in this worksheet. How has it influenced your perspective on your trauma?

Share any coping strategies or insights you've gained through this exercise that may help you manage PTSD symptoms.