

Unpacking Your Happiness PTSD Worksheet

Your full name:

Your therapist/counselor's full name:

Date submitted:

Instructions: Despite your trauma, we'd like to believe that you can still feel happiness. We'd like to know what makes you happy and how happiness positively impacts your life and relationships so we can help you develop coping strategies to help you find and maintain happiness and hopefully help you work through your trauma.

Please answer the following questions with as much detail as you can:

1. Describe the feelings of happiness that you remember after going through traumatizing experiences. What were the situations and experiences that made you feel happiness?
2. What did you do and think about during those situations and experiences that made you feel happiness?
3. Did these feelings of happiness motivate you in any way? If so, how?

4. Can you notice if other people feel happiness? If so, what do you think about and do concerning what you notice?

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

6. OPTIONAL: Do you have any coping strategies that help you feel happiness? If so, what are they? It's okay if you don't have any. We can work together to develop strategies down the line.

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