

Unpacking Your Pride PTSD Worksheet

Name: _____ Date: _____

Age: _____ Contact Information: _____

Pride as a Coping Mechanism:

Pride can be a double-edged sword, especially for individuals dealing with PTSD. It can serve as a protective mechanism, reinforcing one's sense of self-worth and accomplishment. Reflect on a moment where feeling pride helped you cope with a stressful or traumatic situation.

Describe the feeling of pride that you remember:

What did you do in that situation? How did you think and act?

How did that motivate you?

Recognizing Pride in Others:

Awareness of others' emotions can greatly influence our relationships and interactions. Do you notice when other people are proud? What do you do?

Describe a situation where you noticed pride in someone else:

How did you react to this situation?

Impact of Pride on Relationships:

Pride can have a significant impact, both positive and negative, on our relationships. How does pride influence your relationships? Can you identify situations where pride has affected your interactions with others?

Describe how pride influences your relationships:

Provide an example of a situation where pride affected a relationship:

Reflection:

Reflecting on your understanding and experience of pride can help in managing its influence, especially in relation to PTSD. What insights have you gained from unpacking your feelings of pride? How can you use this understanding to better cope with PTSD?

Share your reflections and insights:

How can you apply these insights for better coping with PTSD?

Note: Please take your time in answering the questions and reflect deeply on your experiences. This worksheet is a tool for self-discovery and growth, and your honesty and introspection are key to deriving benefit from it.

Source: The PTSD Workbook A Journey to Resilience and Beyond. Tijana Mandić, PhD