

Unpacking Your Sadness PTSD Worksheet

Name:

Date:

Instructions: Answer the following questions honestly and thoughtfully to gain insight into your emotions and experiences.

1. Describe Your Sadness: Share a specific situation or event related to your PTSD that makes you sad. Explain what happened, when, and how it made you feel.

2. Thoughts and Beliefs: What thoughts and beliefs surface when you think about this situation or event? Are there negative or self-critical thoughts associated with it? Write them down.

3. Coping Strategies: What strategies or methods have you used to cope with this sadness or related emotions? Are they effective, or do they worsen your distress in any way?

4. Impact on Daily Life: How does this sadness affect your daily life? Does it interfere with work, relationships, or activities you enjoy? Explain the specific challenges you face.

5. Support System: Who is part of your support system? Who can you turn to when sadness and PTSD-related emotions become overwhelming? Describe how they can assist.

6. Self-Care: List three self-care activities or strategies you can employ when you're overwhelmed by sadness or emotional distress linked to your PTSD.

7. Healing Goals: What are your goals for managing and healing from your PTSD-related sadness? These goals can be short-term or long-term. Describe specific, achievable steps you can take to work toward these goals.

This worksheet draws inspiration from "The PTSD Workbook" by Tijana Mandic, Ph.D.