

Unpacking Your Shame PTSD Worksheet

Name: _____

Instructions: Complete each section of the worksheet by answering the questions to explore and address feelings of shame related to your PTSD, focusing on understanding, challenging, and managing these emotions for personal growth and healing.

Identifying Shame Triggers: Describe a recent situation related to your PTSD that triggered shame. What specific thoughts contributed to your feelings of shame in this situation?

Understanding the Impact of Shame

How does shame affect you physically and emotionally?

How has shame influenced your behavior and relationships in the context of your PTSD?

Challenging Shame

Challenge Negative Self-Talk: Identify and challenge one negative belief related to shame.

Practice Self-Compassion: Write down one self-compassionate statement to use when feeling shame.

Developing Coping Strategies

Explore Healthy Coping Mechanisms: List one healthy way to cope with shame.

Communication and Support: How can you communicate your feelings of shame and PTSD-related struggles to someone you trust?

Moving Forward

Setting Goals: What's one step you can take to reduce shame's impact on your life?

Self-Reflection: Reflect on your progress in understanding and managing shame related to your PTSD.