

Unpacking Your Spite PTSD Worksheet

Your full name:

Your therapist/counselor's full name:

Date submitted:

Instructions: Spite is one of the most negative emotions. It's normal to have this for someone who wrongs you, all the more if they are the cause of your trauma. It's understandable to want to get revenge and harm those who have been the source of your anguish, but even so, enacting your spite might make things worse for you.

We'd like to know about your feelings of spite and help you develop coping strategies so you don't enact the problematic thoughts and desires that stem from your anger.

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

1. Describe the feelings of spite that you remember after going through traumatizing experiences. What were the situations and experiences that made you feel spiteful?

2. What did you do and think about during those situations and experiences that made you feel spiteful?

3. Did these feelings of spite motivate you in any way? If so, how?

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

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

6. OPTIONAL: Do you have any coping strategies that help you avoid feeling spiteful? 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*.