



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*.