

# Unpacking Your Trauma's Nature PTSD Worksheet

Name	Date
<p>This worksheet is designed to help you explore and understand the nature of your trauma. It is important to approach this process with self-compassion and at your own pace. If you find yourself feeling overwhelmed, consider seeking the support of a mental health professional.</p>	
<p>Describe the traumatic event in a few sentences. What happened, when, and where did it occur?</p>	
<p>What emotions or physical sensations do you associate with this traumatic event?</p>	
<p>Were there any specific triggers or reminders of the trauma that you've noticed? (e.g., sounds, smells, locations)</p>	
<p>How has this traumatic experience impacted your daily life, relationships, or overall well-being since it occurred?</p>	
<p>Reflect on how the trauma has influenced your thoughts about yourself, others, and the world. Are there any negative beliefs or fears that have arisen from the experience?</p>	

Have you developed any coping mechanisms or avoidance behaviors as a result of the trauma? List them.

How do you typically react when confronted with reminders or triggers related to the trauma? Describe your emotional and physical responses.

Have you experienced symptoms commonly associated with PTSD, such as flashbacks, nightmares, hypervigilance, or emotional numbing? If so, detail your experiences.

Consider the impact of the trauma on your overall mental and emotional well-being. Are there specific symptoms or behaviors that have become more pronounced since the trauma?

Who in your life is aware of your traumatic experience? List individuals, if any.

How have your friends and family reacted when you've shared your trauma with them? Has their support been helpful or challenging?

Describe any coping strategies you've used to manage the impact of the trauma. Are these strategies healthy and sustainable in the long term?

What are some self-care practices or resources that you can explore to support your healing process?

**Additional notes**