

Vigorous Physical Activity PTSD Worksheet

Name: Date:

Physician's Name:

Instructions:

- When dealing with depersonalization, engage in vigorous physical activities.
- Do this five times or every other day for at least ten days. Note that it does not have to be the same activity each time.
- After completing each activity, describe the sensations in your body, especially your muscles. Describe how your mind and body feels after completing the activity.

Activity Day	Type of activity/How long	After completing the activity, my body and my muscles feel . . .	After completing the activity, I think and feel . . .

What type of activity made you feel most yourself?

Which type of activity made you feel like a stranger?

Is there any particular sensation that you felt during this activity?

Did you do the activity on your own, or were you with someone?

If you had company, how did the presence of the other person(s) make you feel?

Which of the activities you did would you consider doing on a regular basis? Why?

If you did the same activity every time, why?

What other activities would you consider doing?

Reference: Mandić, T., PhD. (2019). Depersonalization. In The PTSD Workbook (pp. 157–158). Between Sessions Resources.