

# Weekly Gratitude Log PTSD Worksheet

Name: \_\_\_\_\_ Date: \_\_\_\_\_

Physician's Name: \_\_\_\_\_

**Instructions:** Use this chart once or twice a week to keep track of your gratitude practice.

What You Were Grateful For	What You Did	How It Affected You

Reference: Mandić, T., PhD. (2019). *Developing the Habit of Gratitude*. In *The PTSD Workbook* (pp. 250-251). *Between Sessions Resources*.