

# What Happiness Means PTSD

## Applicant Details:

Name:

Date:

Therapist/Counselor:

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Happiness is a multifaceted journey towards understanding oneself and connecting with the world around you.

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## Relationships:

Strengthening relationships can be a cornerstone of healing.

**What are the top three qualities you value in a relationship?**

**Think about what actions or changes can enhance the quality of your relationships.**

## Meaningful Activities:

Finding joy and purpose in daily activities can add depth to life.

**Which activities make you lose track of time and why?**

**How can you incorporate more of these activities into your daily routine?**

**Self-perception:**

Our view of ourselves shapes our reality.

**List three strengths or qualities you see in yourself.**

**Consider actions that can magnify these strengths in your daily life.**

**Achievement:**

Personal growth often comes from setting and working towards goals.

**What are some achievements you are proud of?**

**What are some future goals you'd like to work towards?**

**Kindness:**

Expressing and receiving kindness can be therapeutic.

**Recall a recent act of kindness you offered or received. How did it make you feel?**

**Contemplate ways to weave more kindness into your life.**

**Vitality:**

Physical health often mirrors emotional well-being.

**How do you currently prioritize your health?**

**What are some health goals or habits you'd like to adopt or improve?**

**Coping Strategies:**

Facing PTSD challenges requires effective coping mechanisms.

**Which coping strategies work best for you when confronted with triggers?**

**Are there new strategies you'd like to explore or learn about?**

**Support System:**

Having a reliable support system can be pivotal.

**Who are the key people in your support system, and how do they assist you?**

**Are there support groups or communities you're interested in joining?**

**Notes:**