

What Happiness Means PTSD

Applicant Details:

Name:

Date:

Therapist/Counselor:

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

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: