

# Communication Styles PTSD

## Applicant Details:

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

Age: \_\_\_\_\_ Contact Number: \_\_\_\_\_

Email Address: \_\_\_\_\_

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## Identifying Your Communication Styles in the Context of PTSD

### Objective:

To discern the predominant communication style influenced by PTSD experiences.

### You Should Know:

PTSD can influence how you communicate, especially during conflicts or stressful situations. This questionnaire will help you understand if your behaviors and attitudes lean towards being assertive, aggressive, passive, or passive-aggressive. Identifying and understanding these patterns is the first step toward healthier communication.

### What to Do:

For each statement below, circle its corresponding code if you agree.

1. I often avoid discussing traumatic experiences, even if it's relevant to the conversation.

\_\_\_\_\_

2. I get aggressive when someone unintentionally triggers a traumatic memory. \_\_\_\_\_

3. It's challenging for me to communicate my feelings about my trauma. \_\_\_\_\_

4. I voice my feelings and needs about my PTSD experiences calmly and directly.

\_\_\_\_\_

5. I might not show it, but I hold grudges when someone is insensitive about my PTSD.

\_\_\_\_\_

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### Tally your responses for each category (A, P, AG, or PA):

A = Assertive: \_\_\_\_\_

P = Passive: \_\_\_\_\_

AG = Aggressive: \_\_\_\_\_

PA = Passive-Aggressive: \_\_\_\_\_

**Your predominant style:**

**Your least prominent style:**

**Reflections on your PTSD-influenced communication style:**

**Steps you can take to improve your communication style in PTSD contexts:**

*Source: Between Sessions Resources. (2019). The PTSD Workbook [PDF version]. Retrieved from [https://www.betweenessions.com/wp-content/uploads/2019/10/The\\_PTSD\\_Workbook-PDF\\_VERSION.pdf](https://www.betweenessions.com/wp-content/uploads/2019/10/The_PTSD_Workbook-PDF_VERSION.pdf) Pages 158-159 of attached PDF*