

# Post Traumatic Growth Worksheet

Patient Information	
Name:	
Date of Birth:	
Address:	
Emergency Contact:	

Health Information	
Medical History:	
Current Medications:	
Allergies:	
Primary Care Physician:	

## Post-Traumatic Growth Assessment

**Instructions:** This worksheet is designed to help you explore and foster growth in the aftermath of a traumatic experience. Reflect on each section and jot down your thoughts and feelings. Feel free to take your time and be honest with yourself.

### 1. Understanding the Trauma

*(Describe the traumatic event in detail. How has it impacted your life, emotions, and relationships?)*

### 2. Coping Strategies

*(List the coping mechanisms you've used since the trauma. Identify which strategies have been helpful and which may need adjustment.)*

### 3. Identifying Strengths

*(Reflect on personal strengths that have emerged or strengthened post-trauma. How have these strengths helped you navigate challenges?)*

### 4. Positive Changes

*(List any positive changes you've noticed within yourself. How have these changes influenced your perspective on life?)*

### 5. Setting Goals

*(Establish short-term and long-term goals for personal growth. Consider how these goals align with your values and aspirations.)*

### 6. Building Support Systems

*(Identify individuals or communities that provide support. How can you strengthen these connections for ongoing healing?)*

## 7. Gratitude and Appreciation

*(Reflect on aspects of life you are grateful for despite the trauma. How can practicing gratitude contribute to your well-being?)*

## 8. Meaning-Making

*(Explore any new meanings or purposes that have emerged. How can you integrate these into your daily life?)*

This worksheet is a tool for self-reflection and growth. It is advisable to review your responses with a mental health professional to further enhance your healing journey.

**Therapist's Signature:**

**Therapist's Name:**

**Date:**