

Resilience Potential PTSD Worksheet

Client Name:

Age:

Date:

Introduction:

Let's begin by setting clear goals and strategies to support your journey to recovery.

Part 1: Goal Setting

1.1. Define your specific resilience-building goals.

Goal 1:

Goal 2:

Goal 3:

1.2. Make these goals attainable and measurable.

How will you measure progress toward each goal?

Part 2: Self-Reflection

2.1. Reflect on your current emotional state.

What emotions are you currently experiencing related to your trauma or PTSD?

2.2. Identify triggers and stressors.

What situations or stimuli trigger your distress or anxiety?

Step 3: Coping Strategies

3.1. Select appropriate coping strategies.

Choose from mindfulness, deep breathing, journaling, self-care, or any others that resonate with you.

3.2. Describe how you will implement each coping strategy in your daily life.

Coping Strategy 1:

Coping Strategy 2:

Coping Strategy 3:

Notes: