

# Slow Movement PTSD Worksheet

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

Contact Information: \_\_\_\_\_ Therapist: \_\_\_\_\_

**Instructions:** This worksheet is designed to help you explore your experiences and emotions related to PTSD (Post-Traumatic Stress Disorder) deliberately and reflectively. Take your time to complete each section honestly and thoughtfully. You can work on this worksheet independently or discuss it with your therapist or healthcare practitioner for further guidance and support.

**1. Identifying Traumatic Events:** List the traumatic events or experiences that contributed to your PTSD symptoms. Include dates and specific details.

1.

2.

3.

4.

**2. Emotional Impact:** For each traumatic event you listed above, describe the emotions you associate with it. How do these emotions affect your daily life and well-being?

**Event 1:**

**Emotions:**

**Impact on Daily Life:**

**Event 2:**

**Emotions:**

**Impact on Daily Life:**

**Event 3:**

**Emotions:**

**Impact on Daily Life:**

**Event 4:**

**Emotions:**

**Impact on Daily Life:**

**3. Triggers and Avoidance:**

Identify any specific triggers that remind you of your traumatic experiences. How do you typically respond to these triggers? Do you engage in avoidance behaviors?

Triggers:

Response/Avoidance:

**4. Coping Strategies:** List any coping strategies or techniques you have used to manage your PTSD symptoms. Are these strategies effective? If not, why?

**5. Support System:** Describe your current support system. Who can you turn to for help and understanding? Are there any support groups or resources you have found beneficial?

**6. Goals for Healing:** What are your short-term and long-term goals for managing and healing from PTSD? What steps can you take to work towards these goals?

Short-term Goals:

Long-term Goals:

Steps to Achieve Goals:

**7. Self-Care Plan:** Outline a self-care plan that includes activities or practices that promote your mental and emotional well-being.

**8. Additional Notes:** Use this space to jot down any additional thoughts, concerns, or questions you have regarding your PTSD and the healing process.