

Trauma Arousal PTSD Worksheet

Patient Information

Name: _____ Date of Assessment: _____

Date of Birth: _____

Instructions: This worksheet is designed to help assess and manage trauma-related arousal and PTSD symptoms. Please complete each section honestly and to the best of your ability.

Section 1: Identifying Triggers List specific situations, thoughts, or memories that trigger heightened arousal or distress for the patient. Be as detailed as possible.

1. _____
2. _____
3. _____
4. _____
5. _____

Section 2: Recognizing Physical Responses Document physical reactions the patient experiences when triggered. Include changes in heart rate, muscle tension, sweating, etc.

1. _____
2. _____
3. _____
4. _____
5. _____

Section 3: Acknowledging Emotional Responses List the patient's emotions when triggered. Include fear, anger, sadness, detachment, or other relevant emotions.

1. _____
2. _____
3. _____
4. _____
5. _____

Section 4: Evaluating Coping Strategies Reflect on the effectiveness of current coping strategies used when triggered. Are they healthy and effective, or do they exacerbate symptoms?

1. _____
2. _____
3. _____
4. _____
5. _____

Section 5: Developing Coping Strategies Based on your evaluation, brainstorm healthier coping strategies to replace less effective ones. Consider relaxation techniques, grounding exercises, and seeking support from a therapist or support group.

1. _____
2. _____
3. _____
4. _____
5. _____

Section 6: Implementation and Monitoring Put the newly developed coping strategies into action. Continuously monitor their effectiveness and make adjustments as needed. Track your progress over time.

Section 7: Seeking Professional Help If symptoms persist or worsen, do not hesitate to seek help from a mental health professional who specializes in trauma and PTSD treatment.