

Understanding Your Signature Strengths PTSD Worksheet

Name:

This worksheet will guide you through the process of identifying, documenting, and effectively utilizing your signature strengths in your journey toward PTSD recovery.

Section 1: Identifying and Documenting Unique Resilience

Reflect on your past experiences, especially those moments when you exhibited strength, resilience, or positive coping strategies during or after a traumatic event. Choose multiple qualities or attributes that were present in those moments of strength.

- Determination
- Empathy
- Adaptability
- Creativity
- Patience
- Courage
- Compassion
- Perseverance
- Positivity
- Open-mindedness
- Resourcefulness
- Self-discipline
- Resilience
- Other (please specify): _____

Section 2: Integrating Strengths into PTSD Management

Choose at least 5 qualities identified in Section 1, and rate their potential effectiveness on a scale of 1 to 5, with 1 being least effective and 5 being most effective.

Quality 1:	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5
Quality 2:	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5

Quality 3:	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5
Quality 4:	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5
Quality 5:	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5

Section 3: Setting Attainable Milestones for Recovery

Define achievable goals for integrating your signature strengths into your PTSD recovery journey. These goals should be specific, measurable, attainable, relevant, and time-bound (SMART).

Goal 1: _____

How will you measure your progress?

When do you aim to achieve this goal?

Goal 2: _____

How will you measure your progress?

When do you aim to achieve this goal?

Goal 3: _____

How will you measure your progress?

When do you aim to achieve this goal?