

Unpacking Your Fear PTSD Worksheet

Your full name:

Your therapist/counselor's full name:

Date submitted:

Instructions: One of the emotions you'll likely feel due to trauma is fear. This is what you will feel when faced with immediate danger, especially during an event one might consider to be traumatic. It's a feeling that makes us freeze in our tracks and possibly render us unable to do anything.

We'd like to assess any feelings of fear that you might have had before as a result of a traumatic experience. Please answer the following questions as descriptively as you can:

1. Describe the feeling or feelings of fear that you remember. What were the situations that made you feel fear?

2. What did you do in those situations? What did you think about? How did you act?

3. Did these thoughts and actions motivate you to confront your feelings of fear? If so, how?

4. Can you notice if other people feel fear? If so, what do you do about what you've noticed?

5. How do your fears affect your relationships?

6. OPTIONAL: Do you have coping strategies for your PTSD-related fears? If so, what are they? It's okay if you don't have any as of now. We'll work together to help you cope.