

Unpacking Your Trust PTSD Worksheet

Patient Information

Name:

Date:

Therapist:

Instructions

This worksheet is designed to help you explore and address trust issues related to your PTSD. Take your time with each section, and be honest with yourself. This process can be a significant step in your healing journey.

Section 1: Self-Reflection

- Reflect on your past and current experiences that have impacted your ability to trust. Write down specific events or situations.
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- How has PTSD affected your trust in yourself, others, and the world?
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Section 2: Identifying Trust Deficits

- List the specific trust deficits you have identified.
- Be specific in describing how these deficits manifest in your life.
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Section 3: Impact Assessment

- Reflect on how these trust issues have affected your relationships, daily life, and overall well-being.
- Write down instances where trust challenges have had a significant impact.
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Section 4: Goal-Setting

- Set realistic and achievable goals for rebuilding trust in yourself, others, and the world.
- Consider both short-term and long-term objectives.
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Section 5: Action Plan

- Develop a concrete action plan for achieving your trust-building goals.
- Specify the steps, the resources you will use, and a timeline for each goal.
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Section 6: Seeking Support

- Identify individuals or resources you can turn to for support in your trust restoration journey.
- Share your goals and action plan with them to establish a support network.
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Section 7: Review and Adapt

- Review this worksheet to assess your progress and adapt your goals and action plan.
- Healing is an ongoing process; flexibility is key.
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