

PTSD – Thought Record Sheet

Trigger Situation	Emotions (0 – 10)	Physical Symptoms	Unhelpful Thoughts and Images	Alternative/Balanced Perspective	Result Re-rate your emotion (0 - 10)
<p><i>Describe what was going on, where were you, when did it happen, who you were with?</i></p>	<p><i>How intense is your emotion?</i></p>	<p><i>Describe your physical reactions.</i></p>	<p><i>Describe your thoughts. What bothered you?</i></p> <p><i>Describe what those thoughts mean to you and what they say about you or the situation.</i></p> <p><i>What is the worst that can happen? What is the worst thing about that?</i></p>	<p><i>Is this a fact or opinion?</i></p> <p><i>Are you in danger NOW or are you reacting to your past trauma?</i></p> <p><i>Is the current situation in which you experience anxiety the same as the original situation? What is different?</i></p>	<p><i>What could you do differently?</i></p> <p><i>Consider what would be helpful and what consequences may arise.</i></p>