

Reality Check PTSD Worksheet

Name	Date
A Reality Check PTSD Worksheet is a valuable tool for individuals dealing with post-traumatic stress disorder (PTSD). It helps individuals assess their thoughts, emotions, and behaviors related to their trauma and provides a structured way to process their experiences.	
Traumatic Event or Memory	
What thoughts or beliefs come to mind when you think about this traumatic event or memory? Write them down as specifically as possible.	
List any evidence that supports these automatic thoughts. Be objective and honest.	
Identify any evidence that contradicts or challenges these automatic thoughts. This may require considering alternative perspectives.	
Describe the emotions you are currently experiencing when you think about this traumatic event or memory.	
Rate the intensity of each emotion on a scale from 0 to 10, with 0 being no intensity and 10 being extreme intensity.	

List any behaviors you engage in to avoid thinking about or coping with this traumatic event or memory.

Reflect on how these thoughts, emotions, and behaviors related to this trauma have impacted your daily life, relationships, and overall well-being.

For each automatic thought (from step 1), challenge it by considering the evidence against it. Is there a more balanced or realistic way to think about the event?

Reassess your current emotions in light of the challenged thoughts. Have your emotions shifted or changed in intensity?

Identify healthier coping strategies or behaviors that you can replace with the avoidance and coping behaviors.

Additional notes