

Bathroom Exercise PTSD Worksheet

Name:

Instructions: For the next seven consecutive days, take a mindful shower or bath, paying attention to your thoughts, feelings, and sensations before and after. Complete the worksheet by documenting these experiences to understand how this routine affects depersonalization symptoms.

Day		Before Shower/Bath	After Shower/Bath
1	Sensations:		
	Thoughts:		
	Feelings:		
2	Sensations:		
	Thoughts:		
	Feelings:		
3	Sensations:		
	Thoughts:		
	Feelings:		

4	Sensations:		
	Thoughts:		
	Feelings:		
5	Sensations:		
	Thoughts:		
	Feelings:		
6	Sensations:		
	Thoughts:		
	Feelings:		
7	Sensations:		
	Thoughts:		
	Feelings:		