

Assessing Your Humor PTSD Worksheet

Client's Name: _____ **Date:** _____

Instructions: Please answer the following questions to the best of your ability. Your responses will help us understand the role of humor in your PTSD experience.

1. How often do you use humor to cope with your PTSD symptoms?

- ☐ Rarely
- ☐ Occasionally
- ☐ Frequently
- ☐ Always

2. Can you describe a specific situation where humor has helped you alleviate stress or anxiety related to your PTSD? Please provide details.

3. Do you believe that humor has been a helpful tool in your PTSD recovery process? Why or why not?

4. Do you find any specific types of humor, such as jokes, comedy shows, or funny books, particularly effective in managing your symptoms?

5. In what ways can healthcare practitioners, friends, or family members support your use of humor as a coping mechanism for PTSD?

6. Are there instances where humor has been counterproductive in managing your PTSD symptoms? Please share those experiences, if any.

7. Are there any specific concerns or challenges you face when trying to incorporate humor into your healing process?

8. How comfortable do you feel discussing humor and its role in your PTSD recovery with your healthcare practitioner?

- ☐ Very comfortable
- ☐ Somewhat comfortable
- ☐ Not very comfortable
- ☐ Not comfortable at all

9. Is there anything else you would like to share regarding your use of humor about your PTSD?

10. What are your goals for integrating humor as a positive coping strategy in your PTSD treatment plan?

Please return this completed worksheet during your next session so we can better support your healing journey.

Healthcare Practitioner's Name: _____

Signature: _____ **Date:** _____