Letter of Gratitude to Yourself PTSD Worksheet

Instructions: Gratitude can play a role in your recovery from your trauma. By thinking about the good things you're grateful for, we can focus on those as we go about your recovery process to help ward off negative trauma-related emotions and PTSD symptoms.

For this exercise, you will write a letter to yourself discussing what about yourself you're grateful for. You can write whatever you want so long as you're expressing self-gratitude

Here are guide questions to help frame your thoughts:

- What are the things you like about yourself that you're grateful for?
- What things have you done in life that you're grateful for being able to do?
- What would you be grateful for once you've recovered from your trauma?
- What are the things you'd like to do and achieve after recovering?
- How do you plan on doing and attaining them?

Adapted from the original version created by Tijana Mandić, Ph.D. for the book *The PTSD Workbook*.