

## PTSD Thought Record

Use this template to monitor and alter the reactions to situations in which you feel the emotional and physical effects of trauma. Practice grounding yourself in the current moment, tolerating the feelings and focusing on what you know from the current situation.

Situation / Trigger	Emotions	Physical Reactions	Distorted Thoughts / Images	Realistic Assessment	New Response
What happened? Where? When? Who with? What did I react to? Was it something I felt, saw, heard or smelt?	How did I feel emotionally? Rate intensity 0-100%	What did I notice in my body? Where did I feel it?	What disturbing thoughts / images / memories did I have? What did this mean to me? What was the worst thing that could have happened?	Am I in danger now, or is my previous trauma distorting my view of the situation? What is happening now?	How can I defuse the situation and ground myself in the present moment, tolerate the situation and reduce avoidance? Re-rate emotions 0-100%