

Session 2: Examining the Impact of Trauma

Practice Assignment:

Please complete the A-B-C Worksheets (Handout 6.3) to become aware of the connection among events, your thoughts, feelings, and behavior. Complete at least one worksheet each day. Remember to fill out the form as soon after an event as possible and if you identify any new stuck points add them to your log (Handout 6.1). Complete at least one worksheet about the traumatic event that is causing you the most PTSD symptoms. Also, please use the Identifying Emotions Handout (Handout 6.2) to help you determine what emotions you are feeling.

Session 2 Handouts:

6.1: Stuck Point Log

6.2: Identifying Emotions

6.3: A-B-C Worksheet (six copies included)

6.3 (A-C): Examples of completed A-B-C Worksheets

6.4: Stuck Point Help Sheet