Post-Traumatic Stress Disorder (PTSD) Formulation

My trauma

What happened to you?
What did your mind and body do during the trauma?

My trauma memories

What parts of your trauma come back to you as unwanted memories, flashbacks or nightmares?

What's different about your trauma memories?

- Feels like it's happening again in the here and now.
- Emotionally intense.
- Sensory (re-experiencing sights, sounds, smells, tastes).
- Fragmented or mixed up.
- _____

What I thought then

What was going through your mind **during** the trauma?

What I think now

What do you think **now** about: yourself, your symptoms, your actions, what other people think of you?

Triggers

What I experience now

What symptoms, emotions, or body sensations do you experience now?

Memories remain unprocessed

Beliefs remain unchanged

How I cope

What do you do when you feel threatened or have unwanted memories?
What do you do in your mind to manage how you are feeling?

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