

**well,  
this  
sucks.**



**ptsd sucks.**  
a self guided journal to help you cope after a traumatic event.

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**how  
this  
can  
help you.**

**Have you been feeling...**

- anxious?
- isolated?
- hyperactive?
- irritable?
- agitated?

**Don't worry.**

That is normal and this journal can help relieve these feelings.

# introduction.

**ptsd sucks.**

but there are ways to cope with what you have experienced. this journal will guide you through a series of writing and drawing prompts, breathing exercises and helpful quotes that will ease your tensions and induce self understanding.

this journal contains zero judgment. write, scribble, make a mess, or don't. either way **this journal is here for you.**

**what  
happened?**

**explain what happened.** bubble diagrams, timeline, drawn or written explanation. highlight, underline or circle what scared you the most. it might be challenging, however recalling what happened can help you break down the incident and help you confront the hardest memories.

**what was the first thing that happened?**

**what was the hardest thing that happened?**

how did you get through this situation? what helped you survive?

what has been challenging after the event?

**trigger  
tracking.**

here is a way to track your triggers on a day to day basis. this will help determine the root of the stress that follows after. write 5 things you did before you felt the trigger come on. then list 3 symptoms after the trigger. after some time, feel free to go back and determine what was causing your distress.

feel free to use the blank space below as a place to write, sketch or doodle what those triggers might be.

Date:

Time:

1.	4.
2.	5.
3.	6.
Symptoms:	

Date:

Time:

1.

4.

2.

5.

3.

6.

Symptoms:

Date:

Time:

1.

4.

2.

5.

3.

6.

Symptoms:

Date:

Time:

1.	4.
2.	5.
3.	6.
Symptoms:	

Date:

Time:

1.	4.
2.	5.
3.	6.
Symptoms:	

Date:

Time:

1.	4.
2.	5.
3.	6.
Symptoms:	

Date:

Time:

1.	4.
2.	5.
3.	6.
Symptoms:	

**stimulating  
breath.**

processing your emotions can be very stressful and draining.  
this exercise is aimed at raising your energy and alertness.

1. take a deep breath, filling your lungs completely.
2. hold your breathe.
3. tense the muscles throughout your body  
(face, hands, feet, shoulders, butt, arms, legs, etc.)
4. hold this for a count of 5-15 seconds
5. relax your body and release your breath slowly.

*“the wish for healing has always been half of health.”*

*Lucius Annaeus Seneca*

**feel  
through color.**

what are colors that make you happy, sad, uneasy or relaxed?  
list the emotions you have been feeling lately and coordinate  
each color with an emotion. then create an image that makes  
these colors come together.

color

emotion





**happy  
things.**

what makes you happy?

going for walks, cleaning, writing, listening/playing music,  
drawing, food, etc.

draw or write out your favorite things on this and the next  
page.



**need  
some zzz's?**

71% - 96% of people living with PTSD have nightmares multiple times a week. You are not alone. Try practicing this sleep exercise if you're having trouble sleeping.

1. This exercise should be done while sitting with your back straight. Place the tip of your tongue behind your top front teeth for the whole exercise. You can purse your lips if you want to, not necessary though.

2. Start by exhaling, finding your breath, and getting ready for an inhale.

3. Inhale through your nose, counting to four in your head.

4. Try holding your inhaled breath to count seven.

5. Quickly exhale through your mouth (with your tongue pressed to the back of your front teeth,) to count eight while making a "whoosh" sound. This is one cycle.

6. Aim for completing four cycles total.

*“when you give yourself permission to communicate what matters to you in every situation you will have peace despite rejection or disapproval. putting a voice to your soul helps you to let go of the negative energy of fear and regret.”*

*Shannon L. Alder*

**scribble.**

feeling frustrated, agitated, angry, or just out of sorts? scribble the nonsense, let it out.



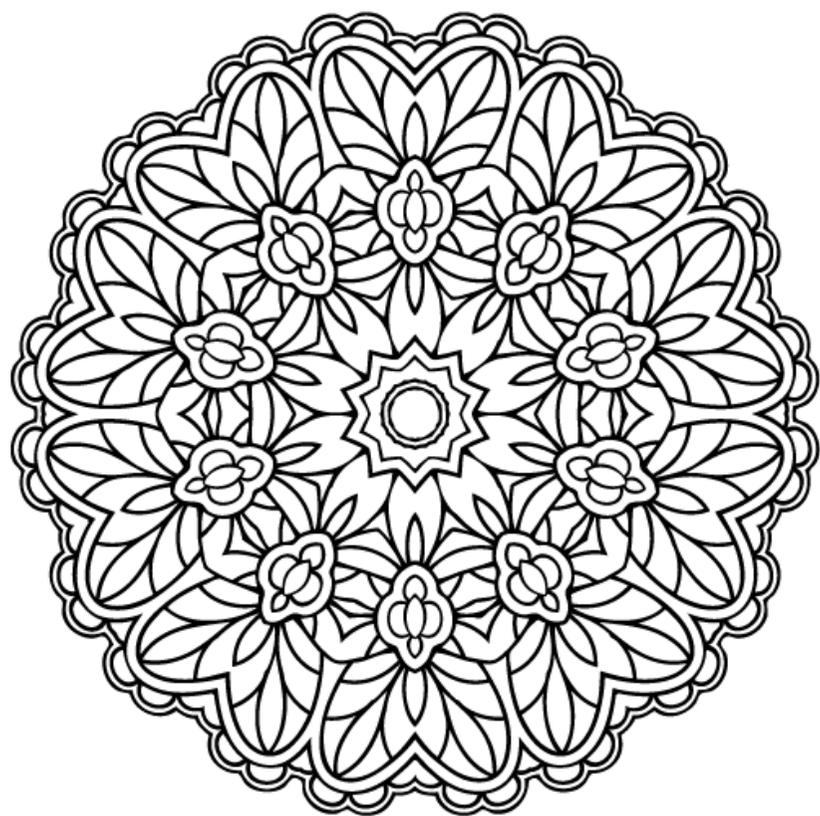
**dream.**

draw or journal your dreams. any themes you notice? anything scary, weird or just cool? do any of these things relate to what you experienced in some way, shape or form?

**relax.**

*“sometimes the most productive thing you can do is relax.”*

*Mark Black*



**listen  
by drawing.**

draw *to* your favorite song.

draw lines, shapes and colors that match the beat or that represent the sound in some way.



**take aways?**

list 5 things you learned from your experience?

1.

2.

3.

4.

5.

list another 5 things you are grateful for.

1.

2.

3.

4.

5.

**end notes.**

hopefully ptsd sucks a little bit less now. keep breathing, writing, drawing, whatever makes you feel in control of your environment and emotional well being. you are kicking ass. keep going.

