A PAUSE, A PRACTICE, A NEXT STEP

PTSD

Support after experiences that still feel present.

Use a few words, draw, or talk this through. Skip anything that does not fit. This is an educational worksheet, not a diagnostic test or a substitute for care.

Safety comes first

Do not use these pages to force detailed trauma recall or conduct exposure exercises on your own. If an activity increases distress, stop and seek guidance from your clinician.

Orient to the present

If it feels helpful, look around and name where you are and what you can see. Notice current facts without forcing yourself to declare that everything is safe.

01 / Notice and reflect

What early signs tell me I am becoming activated?

02 / Notice and reflect

What helps me reconnect with the present?

03 / One next step

What will I try next, and what support would make it easier?

When to seek help: Seek care when symptoms persist, interfere with life, or return after a period of improvement. You do not have to wait for a particular time period if distress is severe. Seek urgent help for danger, suicidal thoughts, or inability to stay safe.

Read more: VA National Center for PTSD · PTSD basics

More tools and immediate support: Our Healing Room / Crisis Support.

U.S. crisis support: call or text 988. In immediate danger, call 911.