

PTSD Healthcare Provider Discussion Guide

DATE



We invite you to take a moment to settle before embarking on this journey. Close your eyes, take a deep breath and know you have agency and the capacity to do hard things.

Personal Check-In

What were your highs of the week?

What were your lows?

How did you feel during the lows?

EMOTIONALLY (*fear, shame, anxious, sad, etc.*)

PHYSICALLY (*clenched jaw, trouble sleeping, stomachache, etc.*)

What does "doing well" feel like to you emotionally?

What about "doing poorly"?

Stress Level (1-10)

circle one

1 2 3 4 5 6 7 8 9 10
LESS STRESS MORE STRESS

How happy and comfortable do you feel with the choices you've made to cope with your emotions and stress?



What are your usual stress management strategies?

Alcohol, meditation, drugs, "stress" eating, exercise, binge-watching TV shows, talking with friends

FLIP OVER »

Trauma History

CHILDHOOD

Growing up, I felt...

RELATIONSHIPS

Friends, family, romantic, work, school

MEDICAL HISTORY

Surgeries, birthing experience (if applicable), insomnia or other previous diagnoses

MENTAL HEALTH HISTORY

Diagnoses, symptoms, family history of mental illness

LIFE EVENTS

Death of a loved one, job or financial insecurity, violence, accidents, etc.

My Priorities Today

What questions or concerns would you like to address?

Today's visit may not be about uncovering, retelling and processing your traumatic event. If you find it helpful to name the experience of trauma as the main reason for seeking help, let your provider know.

My Goals

What are some of the big or small goals you'd like to work toward?

Talking about trauma is difficult and it's normal to feel uncomfortable. Here are some questions to consider after your visit:

- Did I feel safe?
- Did I feel like my experiences were validated?
- Did I feel heard?
- Can I be vulnerable with this person?
- Do I feel more hopeful?
- Can I imagine opening up more to this person in the future?
- Did I leave with actionable steps forward?

IE referral or another appt?

Personal Check-Out

After your visit, how do you feel emotionally and physically?

The
MIGHTY

*We invite you to pause, take a deep breath in and let the breath go.
Allow yourself some grace and gratitude for showing up to do difficult work.
Just by showing up, you've taken a great step in the direction of healing.*