

BREAKING FREE PTSD RECOVERY *Worksheets*

REMEMBER:



Healing is possible.

Small steps
still matter.

Be gentle with
yourself.

One day
at a time.



20 PRINTABLE TOOLS
for Healing, Support, and Hope

A PRACTICAL COLLECTION
designed to support your recovery
journey from PTSD.

Inside you'll find worksheets and tools
to help with:

-  TRAUMA TRIGGER AWARENESS
-  DAILY RECOVERY PRACTICES
-  GROUNDING & REGULATION
-  SELF-CARE & COMPASSION
-  RELAPSE PREVENTION
-  SUPPORT & CONNECTION
-  HEALING & HOPE

*"One decision can change your life.
Make today Day One."*



20-PAGE PACKET



CREATED BY R. MILLER

Educational support — not medical or mental-health treatment.



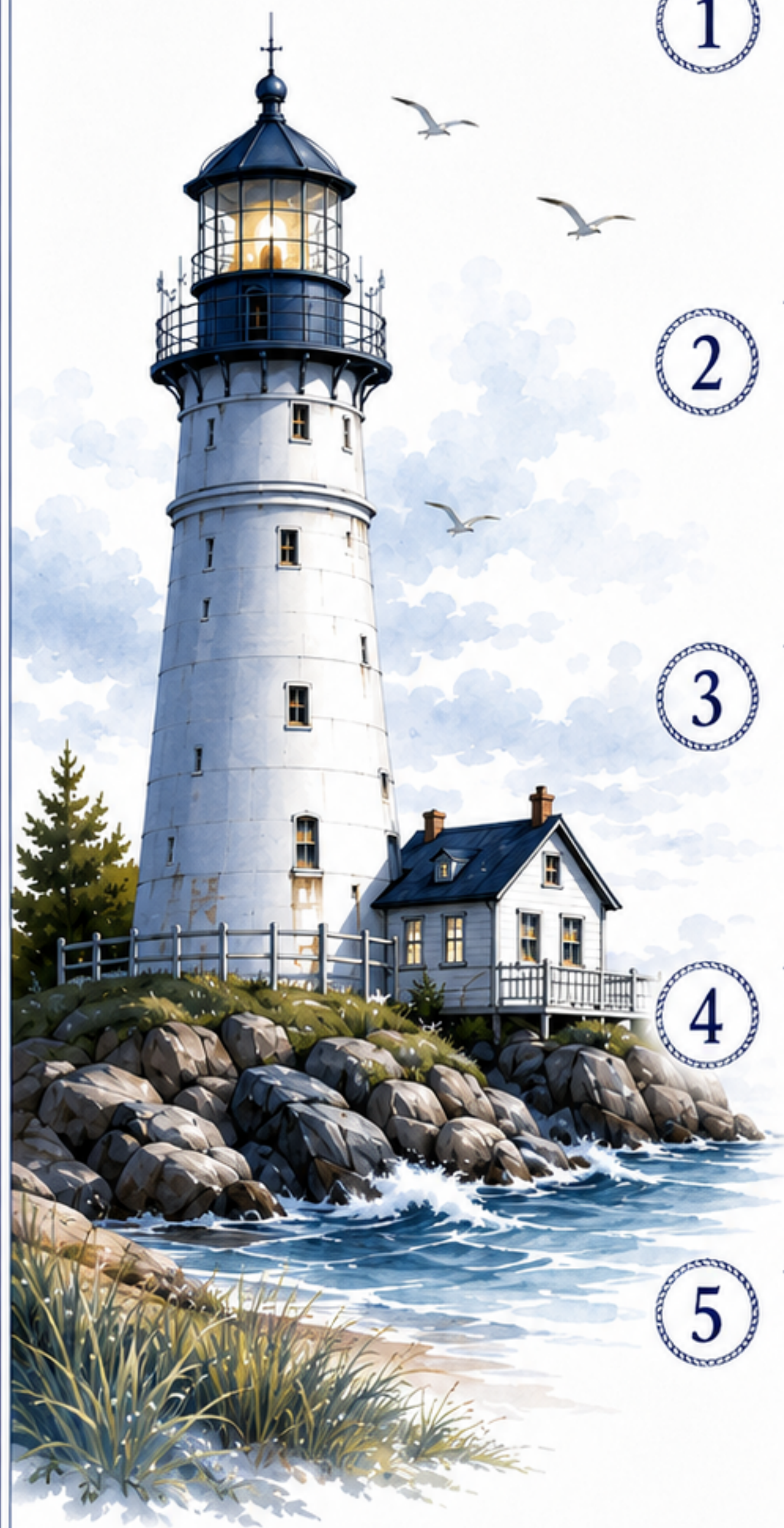
BREAKING FREE
— RECOVERY & HOPE —



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WORKSHEET CONTENTS

Tools for awareness. Steps for healing. Hope for recovery.



1

TRAUMA TRIGGERS & GROUNDING



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DAILY RECOVERY



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PTSD AWARENESS & SELF-CARE



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TRIGGER TRACKER

TRAUMA TRIGGERS & GROUNDING

Notice the people, places, sounds, body feelings, times, and situations connected to trauma triggers or emotional overwhelm.

1. What happened right before I was triggered?

2. Where was I and who was present?

3. What thoughts, body feelings, or memories showed up?

4. How intense did the trigger feel from 0–10?



My trigger level: _____

5. What did I do next?

6. What could help next time?



REMEMBER: ♥
*Awareness is the first step.
What you notice, you can change.
One small step today.*



DAILY PTSD CHECK-IN

♥ TRAUMA TRIGGERS & GROUNDING ♥

*Record your stress level, what happened,
what helped, and what you learned.*



Date and time: _____ AM / PM

STRESS LEVEL FROM 0-10

0 1 2 3 4 5 6 7 8 9 10

0 = *Very calm*

10 = *Highest stress*

♥ Trigger or situation: _____

♥ Thoughts, feelings, or body sensations: _____

🍃 Grounding action used: _____

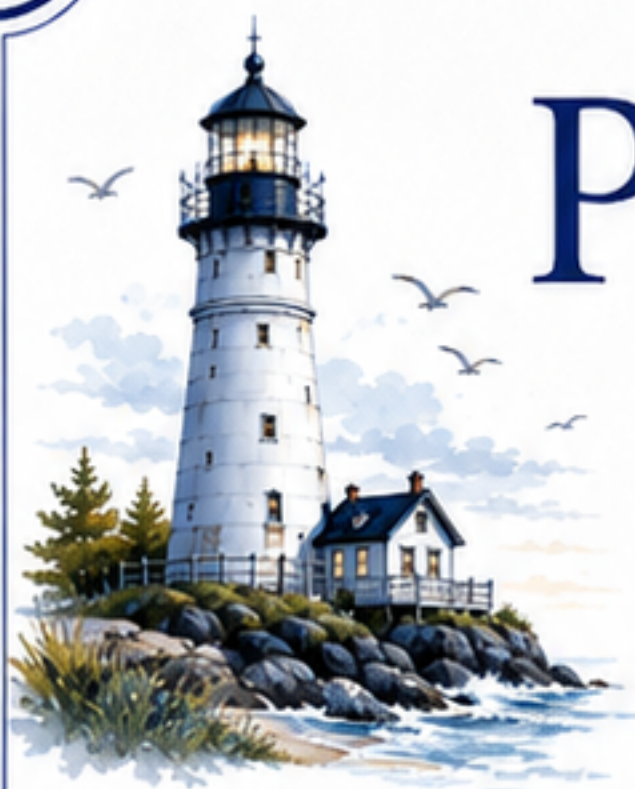
☀️ What helped most? _____

🛡️ What did I learn? _____

REMEMBER:

You are doing your best, one moment at a time. Every awareness is a step forward.
Be proud of your progress—no matter how small.





PTSD EMERGENCY SUPPORT PLAN

TRAUMA TRIGGERS & GROUNDING

*Create a step-by-step plan for moments when
PTSD symptoms feel overwhelming.*



1. MY EARLY WARNING SIGNS

- _____
- _____
- _____
- _____
- _____



2. THREE PEOPLE I CAN CONTACT

1. _____ Phone: _____
2. _____ Phone: _____
3. _____ Phone: _____



3. PLACES OR SPACES WHERE I FEEL SAFER

- _____
- _____
- _____
- _____



4. WAYS I WILL REDUCE OVERWHELM OR OTHER HIGH-RISK SITUATIONS

- _____
- _____
- _____
- _____



5. ACTIONS I WILL TAKE DURING THE FIRST 20 MINUTES

- ☐ Pause and take 5 slow breaths
- ☐ Use a grounding technique
- ☐ Move my body
- ☐ Reach out to someone
- ☐ Get to a safe space
- ☐ Remind myself: *This feeling will pass*
- ☐ Other: _____



6. EMERGENCY OR CRISIS CONTACTS

Local contacts:

- _____

- Phone: _____
Phone: _____
Phone: _____

988 SUICIDE & CRISIS LIFELINE

Call or text 988 | Chat online at 988lifeline.org

In an emergency, call 911.



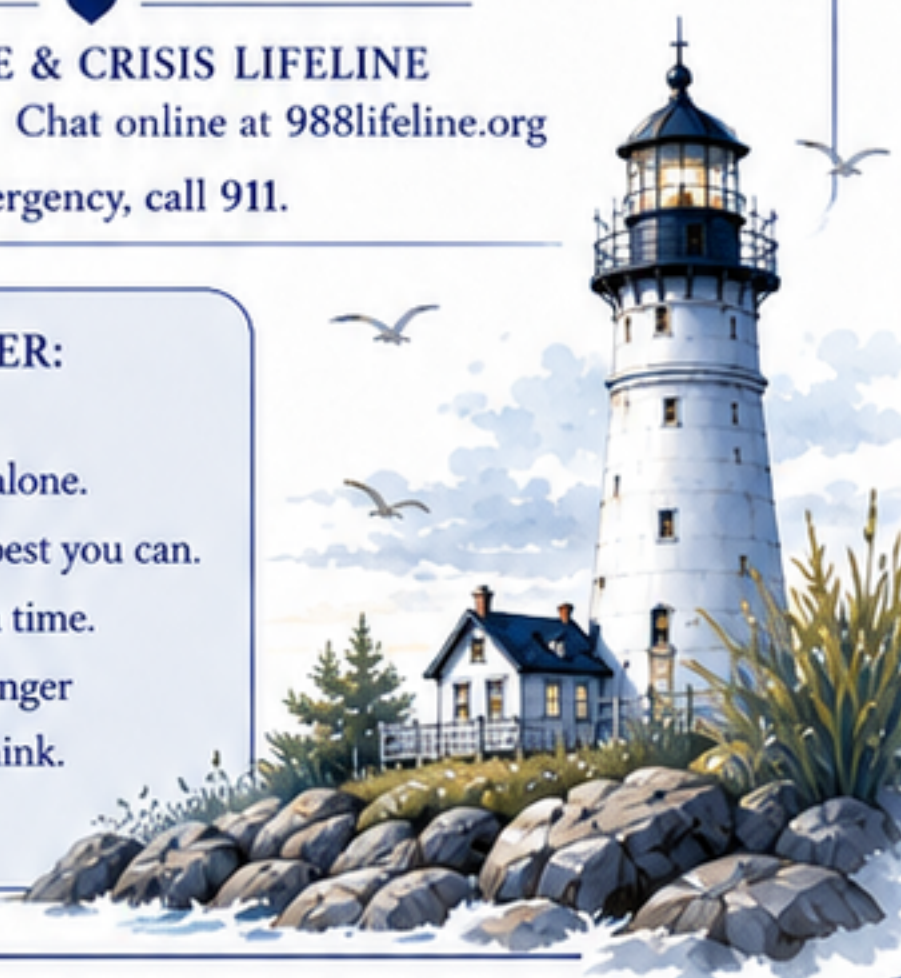
MY SUPPORT STATEMENT

I choose safety. I choose support. I choose one small next step.

REMEMBER:



You are not alone.
You are doing the best you can.
One step at a time.
You are stronger
than you think.



GROUNDING THROUGH TRIGGERED MOMENTS

TRAUMA TRIGGERS & GROUNDING

Practice noticing, breathing, and reconnecting when a trigger feels intense.

1 What triggered the moment?

2 What do I feel in my body?

3 What thoughts are here right now?

4 Stress level at the beginning



My stress level: _____

5 What grounding or calming practice did I use?

6 Stress level after 10–20 minutes



My stress level: _____

7 What did I notice about the feeling changing?

*Feelings can shift. Small actions can help.
I can stay with myself through this moment.*





DAILY RECOVERY PLANNER

DAILY RECOVERY

Plan support, manageable activities, responsibilities, and a gentler evening.

1 Today's top three priorities



2 One healthy activity or gentle movement I will do

3 People or supports I will connect with

4 One meal, snack, or basic need I will not skip today

5 Possible triggers today

6 My plan for the hardest part of the day

7 One kind thing I will do for myself tonight

♥ REMEMBER: ♥



You don't have to be perfect to make progress. Small, consistent choices lead to healing. You are doing the best you can, and that is enough.



WEEKLY RECOVERY REVIEW

DAILY RECOVERY

Reflect on wins, setbacks, triggers, and priorities for the coming week.

1. My biggest win this week

2. A difficult moment and how I responded

3. Triggers I noticed

4. What helped me stay on track

5. What needs more attention

6. My main goal for next week



REMEMBER:



Recovery is not about being perfect.

It's about showing up, learning, and choosing hope—one day at a time.

You are stronger than you think, and you are not alone.



MONTHLY RECOVERY REVIEW

DAILY RECOVERY

Track longer-term patterns and recognize meaningful progress.



1. Progress I am proud of this month



2. Patterns I noticed in mood, stress, or PTSD symptoms



3. Relationships or responsibilities that improved



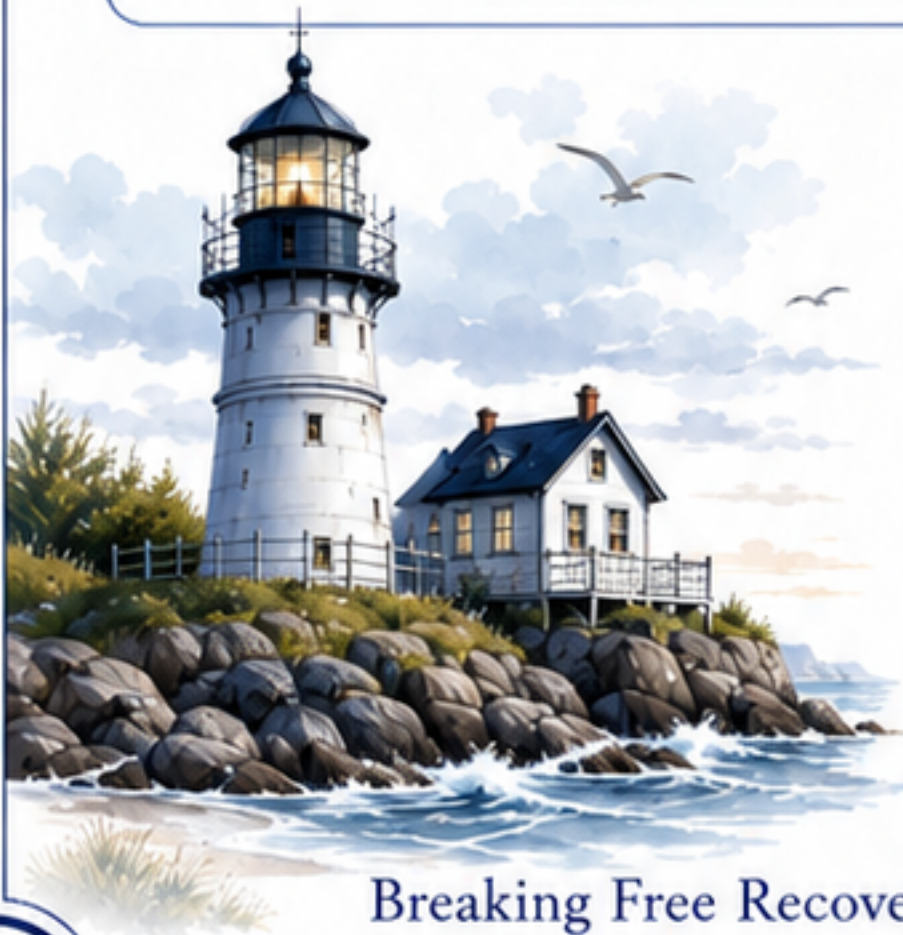
4. What was hardest this month?



5. Support I need next month



6. My next-month focus

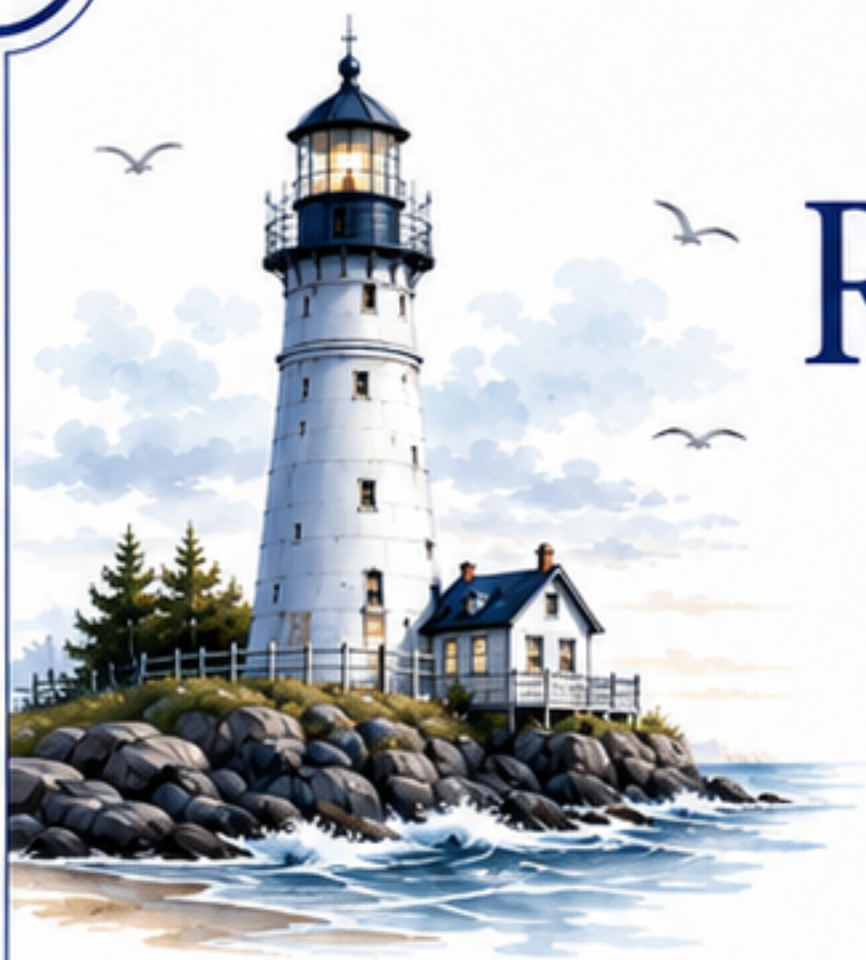


You are on the right path.



Consistency creates change.
Healing isn't always linear, but every day you choose
recovery, you are building a better future.

Keep going. You are not alone.



RECOVERY MILESTONE REFLECTION

DAILY RECOVERY

*Honor important milestones with honest reflection
and renewed commitment.*

1. MILESTONE REACHED AND DATE

Milestone: _____ Date: _____



2. WHAT HAS CHANGED SINCE I BEGAN?



3. WHAT HELPED ME REACH THIS POINT?



4. WHAT AM I MOST PROUD OF?



5. WHAT RISKS STILL NEED ATTENTION?



6. HOW WILL I CELEBRATE SAFELY?



7. MY COMMITMENT FOR THE NEXT MILESTONE

REMEMBER:



Every step
forward
matters.



You are
becoming
who you were
meant to be.



Keep showing
up for yourself.



One day
at a time.



*Progress is not perfection.
You are building a new life.*



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