

Post-Traumatic Stress Disorder (PTSD)

Cognitive Thinking Patterns for PTSD: Check boxes that you relate to.

Catastrophizing:	Imagining and believing in the worst-case scenario.	
Negative Appraisals of Safety	A common thought pattern involves a belief that the world is an unsafe place. Individuals with PTSD may have an exaggerated sense of danger and believe that similar traumatic events are likely to recur.	
Intrusive memories and images	Individuals with PTSD frequently experience intrusive and distressing memories of the traumatic event. These memories can occur as flashbacks or nightmares, causing them to relive the trauma.	
Rumination:	Rumination, repetitive thinking patterns about past events.	
Thoughts of Mistrust	General thoughts of mistrust of others and self. Doubting own judgment.	
Inflated Responsibility	Exaggerated sense of responsibility for causing the event or harm to self or others. Even if events and situations are outside of their control.	
Hypervigilance	A scanning the environment for threat leading to over perception of threat.	

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