



PRIVATE REFLECTION GUIDE

After Your Trauma & PTSD Check-In

A private take-home guide focused on current patterns and functioning. You do not need to write out the details of a traumatic experience.

This guide is yours. Wayside does not receive your answers. Download or print it, write only what feels useful, and share it with a provider only if you choose.

What have I been noticing lately?

When did I first notice a change? Has it been recent, intermittent, or present for a long time?

What seems to make things better or worse?

Where am I noticing the biggest impact - sleep, work, relationships, concentration, physical symptoms, routines, or something else?

Have there been recent changes in stress, health, medication, substance use, loss, relationships, work, or sleep that may matter?

What would I most like help understanding or changing?

Is there anything I am worried a provider might misunderstand about my experience?

What changes have I noticed in safety, avoidance, sleep, memories, reactivity, concentration, or connection with others?

You do not need to document or retell traumatic events in this guide. Focus on what feels safe and useful to notice in the present.

Questions I may want to ask

Use this space for questions you want to remember during a conversation with a therapist, physician, or other qualified provider.

Need support now? If you are in crisis, experiencing a mental health emergency, or concerned about your immediate safety, call or text **988**. For an immediate or life-threatening emergency, call **911** or go to the nearest emergency department. Wayside Mental Health does not provide emergency or crisis response services.

This reflection guide is for educational purposes and personal preparation. It does not diagnose a mental health condition or replace individualized mental health or medical care.