

It's important to understand how your PTSD impacts your behaviors. You may notice certain patterns, people, or situations that are somewhat of a revolving door. Everyone is different, so understanding your specific reactions can be key to shifting them. Logging the details will help you see the bigger picture. Detail situations that create a negative feeling, identify the feeling, and describe your response.

		*
Situation *	Feeling	Pesponse
* .		
	*	
, ×		*
	* *	
	^* * *	
*	** *	
*	*	* .
*	**	* *
*	,	* *
	× · ·	*
* * *	*	* * *
*	* *	* * *
*)	*	•
* . *	*	
*	*	* *
		, * * *
×		
* *		*
,		<u>~</u>