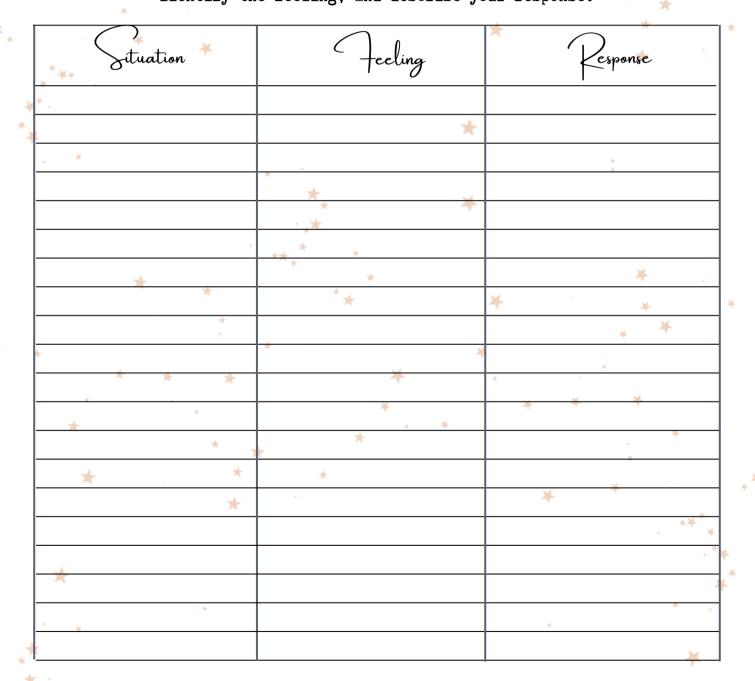
It's important to understand how your PTSD impacts your behaviors. You may notice certain patterns, people, or situations that are somewhat of a revolving door. Everyone is different, so understanding your specific reactions can be key to shifting them. Logging the details will help you see the bigger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

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