

Prompts for PTSD Trigger Awareness Plan

Litigation Trigger List: (Evaluate Issues that Would Cause Anxiety if Those Matters Arose; Rate Expected Anxiety Level from 1-10; Identify the Physical Reaction You Expect to Experience for Each Trigger) (Identify Related Thoughts During Reactions.):

Photographs (Specify) (Rate) (Physical Reactions) (Related Thoughts)
Letters
Content of Testimony
Seeing a Witness
Seeing a Spectator in the Court-Room
Discussions of Potential Defenses by Judge, Prosecutor, Plaintiff, Defendant, Attorney
Smells or Sounds
Anniversary Dates Expected During Representation
Mental Images Unrelated to Litigation Expected

Measures to Decrease Anxiety: (For each of the above issues, propose a method that could reduce or eliminate the anxiety specific to each of these issues and rate the expected success rate for the measure. For example, if substituting a positive mental image, like a trip to the beach, would decrease anxiety indicate the positive image and the rating for it.)

External Factors (List the Expected Frequency of Activities and the Expected Level of Adherence to Estimated Frequency 1-10):

Daily Hours of Sleep Planned (Specify) (Rate)
Types of Exercise Planned
Social Activity Planned
Participation in Group or Individual Therapy Planned

Anger Rating Sheet

General Likes and Dislikes About my Anger:

- Likes: *E.g., "It gives me a rush, makes me feel 'pumped.'"*
- Dislikes: *E.g., "Sometimes I feel out of control."*

For a Specific Situation, e.g., "A coworker accidentally spilled some of his coffee onto my shoe. I yelled, called him an idiot, and then left the meeting." Anger Ruler Rating (1-10) = 6:

What I did (behaviors): *e.g., "I yelled and stormed out of the room."*

What I said (statements/words): *e.g., "You idiot."*

What I thought (thoughts): *e.g., "That idiot is so clumsy. He could make a serious mistake."*

What I felt (emotions): *e.g., "Unsure, maybe scared, very irritated and annoyed."*

What I felt in my body (physical reactions): *"I tightened my arms and fists like I was going to hit him, and I could feel my heart racing."*

What I Could Have Done Differently

What could I have done to decrease my anger? (behaviors): *e.g., "I could have taken a time-out."*

What could I have said to decrease my anger (statements/words): *e.g., "I could have made a joke about it like: 'My shoe doesn't drink coffee, it would prefer some water.'"*

What could I have thought that would have decreased my anger? (thoughts): *e.g., "It was an accident—he didn't do it on purpose. Anyone could make that mistake. It doesn't mean that he's dangerous to be around."*

What could I have done to help decrease the tension in my body? (physical reactions): *e.g., "I could have done some deep breathing or concentrated on relaxing my arms and hands."*