PTSD Response Map: Printable Log Sheet

Print this sheet and use it to track responses during or after PTSD events. Includes guided actions to take if you are actively experiencing symptoms.

© PTSD Response Tracking Sheet			
Date: Location:			
Time of Event:			
1. Trigger Initiation			
What was the trigger (sound, smell, image, feeling, etc.)?			
Action:			
Say aloud: "This is a trigger, not a threat."			
Take 3 slow breaths.			
 Name 1 thing you can see, 1 you can feel, 1 you can hear. 			
2. Emotional Flash			
What emotions hit you first? What did they feel like?			
Action:			

- Put your hand on your chest or anchor object.
- Use calming phrase: "I am safe. This will pass."

3. Cognitive Fragmentation			
What thoughts or confusions came up? Did your thinking change?			
Act	on:		
•	Say out loud where you are and what year it is.		
•	Write a sentence: "I am having a trauma response, but I am here."		
•	Do not try to reason it out — focus on body grounding instead.		
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• Do one grounding movement (e.g., squeeze a fist, wiggle toes).

	If collapsing: Allow it safely. Focus only on breath and body contact.	
•	Do NOT push yourself to re-engage — stillness is a valid response.	
‡ A	Aftermath	
Vhat	helped you come out of it? What do you want to remember for next time?	
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A	ction:	
A 0	ction: Drink water. Eat something small if possible.	
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• If spiraling: Pause, lie down or sit. Breathe and let stillness take over.

Action:

You don't need to "fix" yourself during a storm. You only need to outlast it. This sheet helps you remember how.