

PTSD Recovery Action Plan

Personal Information

Name

Date

1. My Symptoms

List current PTSD symptoms you are experiencing:

2. My Recovery Goals

Describe your short-term and long-term recovery goals:

3. My Triggers

Common situations, people, or things that trigger symptoms:

4. Coping Strategies

List coping strategies that help you:

Examples: Breathing exercises, grounding techniques, talking to someone

5. Support Network

People/services I can reach out to (names, contacts):

6. Emergency Plan

What to do and who to contact in a crisis:

Example: Helplines, therapist, trusted contact, crisis plan

7. Notes & Reflections

Additional notes, reflections, or progress updates:
