

# PTSD Recovery Action Plan

## Personal Information

Name

Date

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## 1. My Symptoms

List current PTSD symptoms you are experiencing:

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## 2. My Recovery Goals

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

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## 3. My Triggers

Common situations, people, or things that trigger symptoms:

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## 4. Coping Strategies

List coping strategies that help you:

Examples: Breathing exercises, grounding techniques, talking to someone

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## 5. Support Network

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

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## 6. Emergency Plan

What to do and who to contact in a crisis:

Example: Helplines, therapist, trusted contact, crisis plan

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## 7. Notes & Reflections

Additional notes, reflections, or progress updates: