

# Icarus Behavioral Health

## *PTSD/Trauma Narrative Writing*

Describe the traumatic event, including the setting and sensory details.

How did you feel during the event?

How has this impacted or changed you since it happened?



icarusbehavioralhealthnevada.com  
(702) 723-4774

# Icarus Behavioral Health

## *Letting Go of Self-Blame*

List any negative, self-blaming thoughts resulting from the trauma.

Ask yourself: What would you say to a friend who blamed themselves for something similar? Write it down:

Write a statement of self-compassion.



icarusbehavioralhealthnevada.com  
(702) 723-4774

# Icarus Behavioral Health

## *Changing Intrusive Memories*

What specific intrusive memory do you struggle with? Describe the events, feelings, and sensory experiences associated with it.

Challenge negative thoughts about the memory. What evidence do you have that contradicts the negative thoughts?

How might you view this memory in a more balanced way?  
Example: Did you learn anything about yourself from it?



icarusbehavioralhealthnevada.com  
(702) 723-4774

# **Icarus Behavioral Health**

## ***Disarming Anxiety + Hypervigilance***

What physical symptoms do you notice when you feel anxious or hypervigilant?

List mindfulness or grounding techniques to try.

What are 3 steps you can take immediately when you feel overwhelmed?



icarusbehavioralhealthnevada.com  
(702) 723-4774

# Icarus Behavioral Health

## *Daily Gratitude*

Name one thing you're grateful for today.

Why are you grateful for this person or event?

How will you express your gratitude to others?



icarusbehavioralhealthnevada.com  
(702) 723-4774