# Write to reflect

Choose an important emotional event you have had, and write about the event in the space below. Include the thoughts and feelings you had during the event, as well as how you feel now, looking back. Try to write for about 20 minutes.

Here are a few questions it may help to ask yourself if you're stuck:

How have your feelings about the event changed over time?

How has the event affected who you are?

How has the event affected your relationships with others?

What would a caring friend say to you if they knew about the event?

How are you different now than before the event happened? (This can be for better or for worse.)

What words of support would you give someone who had been through a similar event?

National Center for PTSD
POSTTRAUMATIC STRESS DISORDER

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