

# PTSD WORKBOOK



# Drawing Page

# Anatomy Conscious and Unconscious

Please use the information from the video to complete the following items

1. Draw the following on the “drawing page” of this workbook
  - a. A shape representing the brain
  - b. A shape that represents the brainstem
  - c. A line that separates the frontal lobe from the rest of the brain
  - d. Label the frontal lobe and the amygdala
  - e. Label where **conscious** thought happens
  - f. Label where **unconscious** thought happens
  - g. Label the SMART part of the brain where **analysis** happens

# Anatomy Conscious and Unconscious Continued

Please use the information from the video to complete the following items

## Fill in the blank

1. Conscious thoughts happen in the \_\_\_\_\_ .
2. The first job of the Amygdala is to serve as the \_\_\_\_\_ .

## Circle the correct answer

1. This is the **smart** part of the brain where **analysis** happens:
  - a. Frontal Lobe
  - b. Brain Stem
  - c. Amygdala
2. Emotions are controlled by the \_\_\_\_\_ part of the brain.
  - a. Conscious
  - b. Unconscious
3. You \_\_\_\_\_ consciously control what emotions you feel.
  - a. Can
  - b. Cannot
4. Anger \_\_\_\_\_ an emotion.
  - a. is
  - b. is not

# Emotional Center's On Call Job

Please use the information from the video to complete the following items

Circle the correct answer

1. The emotional center's on call job is to identify \_\_\_\_\_ threats.
  - a. Realistic
  - b. Potential
  
2. The \_\_\_\_\_ is responsible to analyze whether a threat is realistic in that specific situation.
  - a. Frontal Lobe
  - b. Emotional Center (amygdala)
  
3. The Emotional Center will temporarily \_\_\_\_\_ when a potential threat is identified.
  - a. Stop Working
  - b. Make you hungry
  - c. Leave the party
  
4. The emotional center will only calm down and return to "the party" after the \_\_\_\_\_ tells it that the potential risk is not a realistic risk for the current situation.
  - a. Frontal Lobe
  - b. Cerebellum
  - c. Amygdala
  
5. The emotional center's "party" is a metaphor that represents times where the emotional center is relaxed enough to \_\_\_\_\_.
  - a. Connect with others and make positive memories
  - b. Run faster and jump higher
  
6. The unconscious gets to know all the information that our brain contains (including the frontal lobe's information).
  - a. True
  - b. False

# Emotional Center's On Call Job Continued

Please use the information from the video to complete the following items

7. When the frontal lobe identifies that a potential threat is a real danger in the current situation (A.K.A: realistic), it has the intelligence to identify action(s) that will reduce the risk (makes us safer). The amygdala doesn't have this capability.
  - a. True
  - b. False

Add the following to the picture on the "drawing page" of this workbook

- a. Draw 3 dots on the brainstem that represent 3 important Nuclei
- b. Label the first nuclei as controlling Heart Rate (HR)
- c. Label the second nuclei as controlling breathing
- d. Label the third nuclei as controlling hormone release (adrenaline)



# Emotional Center's Communication

Please use the information from the video to complete the following items

Circle the correct answer

1. The first step to healing from PTSD is to learn that anxiety only represents that \_\_\_\_\_.
  - a. You are hungry
  - b. Your diet is low in unprocessed fruits and vegetables
  - c. A potential threat needs to be analyzed
  
2. If a person ignores the physical symptoms that the emotional center uses to signal that a potential threat needs to be analyzed, it will \_\_\_\_\_.
  - a. Do nothing
  - b. Give up and give you a break from anxiety symptoms
  - c. Increase the intensity of the physical symptoms (Speak Louder)
  
3. What are the two types of threats that are recognized by our emotional center?
  - a. Physical and Emotional
  - b. Drugs and Alcohol
  - c. Love and Hate
  
4. \_\_\_\_\_ threats are usually the worst threats that will most intensely activate the emotional center.
  - a. Emotional
  - b. Physical
  
5. The lie that we tell ourselves (that often leads to PTSD) is that anxiety ALWAYS represents \_\_\_\_\_.
  - a. Nothing
  - b. Real Danger
  - c. A potential danger



# Emotional Center's Communication Continued

6. In truth, anxiety is nothing more than the emotional center communicating to the frontal lobe that\_\_\_\_\_.
- All is well
  - A potential threat needs to be analyzed
  - That you are confirmed to be in real danger in this exact situation

Add the following to the picture on the "drawing page" of this workbook

- Label the first job of the amygdala
- Label the Second Job (the on call job) of the amygdala
- Draw a symbol from the frontal lobe back to the amygdala that represents the amygdala being told that the potential threat is not realistic currently (Possibly think of a hand being held up to stop it from worrying)
- Draw three nuclei on the brain stem. Label them as follows:
  - Heart Rate (HR)
  - Breathing
  - Hormone Release (Adrenaline) or Adrenaline Release

# Example of Potential Threat

Please use the information from the video to complete the following items

Circle the correct answer

1. The emotional center uses an increase in Heart Rate (HR), increase in breathing and a release of the Adrenaline Hormones to communicate that \_\_\_\_\_.
  - a. You are hungry
  - b. A potential threat needs to be analyzed
  - c. Your diet is low in unprocessed fruits and vegetables

Fill in the Blank

When the emotional center signals that “a **potential** threat needs to be analyzed” by dumping adrenaline into your blood, it causes the following symptoms:

- The \_\_\_\_\_ begins to beat faster
- The \_\_\_\_\_ breathes faster
- Your \_\_\_\_\_ will tense up
- You will \_\_\_\_\_ where extra blood is sent
- You will become \_\_\_\_\_ where less blood is sent (diverted)
- Your \_\_\_\_\_ will open up wider to allow more light in (clearer vision directly in front of you but this extra light washes out the peripheral vision. The peripheral vision being washed out is often called tunnel vision.)
- Our brain refuses to focus on anything except \_\_\_\_\_ .

# Secret Door

Please use the information from the video to complete the following items

Circle the correct answer

1. Our \_\_\_\_\_ open the secret door that allows some unconscious thoughts to enter our conscious mind.
  - a. Stomach
  - b. Logical thoughts
  - c. Feelings
  
2. PTSD is caused when “Fear Extinction” doesn’t happen because the \_\_\_\_\_ isn’t doing its job (doesn’t light up because it is too sick)
  - a. Frontal Lobe
  - b. Emotional Center (amygdala)

Add the following to the picture on the “drawing page” of this workbook

- Draw and label the secret door between the conscious and unconscious mind

## Functions of the Frontal Lobe

Please evaluate your frontal lobe’s functioning by completing the following:

- Write down some of the functions of the frontal lobe on the next page of this workbook

# Functions Of The Frontal Lobe

Please write down a list of some of the things the frontal lobe does.

---- Maintain Your Personality

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# Scoring Your Frontal Lobe's Functioning

Please Continue the frontal lobe's evaluation by completing the following:

- On the page titled "Functions Of The Frontal Lobe," please check any functions that you feel are difficult or that your ability to perform them has decreased
- Please add up the number of functions that were checked.
- Return to finish the video

Please use the information from the video to complete the following items

1. While medications might be necessary for many people with fewer checked symptoms, Dr. Watson has found that anyone who is struggling with \_\_\_\_\_ or more "check marks" usually requires medications to successfully heal from PTSD.
  - a. 4 or more
  - b. 1 or more
  - c. 8 or more
  - d. 3 or more
  
2. We believe that the \_\_\_\_\_ medications should be renamed "frontal lobe strengtheners"
  - a. Antipsychotics
  - b. Mood Stabilizers
  - c. Benzodiazepines
  - d. Antidepressants



# Learning To Stop Avoiding

Please use the information from the video to complete the following items

Circle the correct answer

1. By only using \_\_\_\_\_ as your way to work through anxiety, you incorrectly teach the emotional center that a safe environment was dangerous
  - a. Avoidance
  - b. Facing your fears
  
2. While “delaying” the processing of anxiety might be necessary to maintain a healthy lifestyle and appropriate boundaries, avoidance should not normally be used to process anxiety
  - a. True
  - b. False
  
3. When working through anxiety (processing it), you should make sure you do it in an appropriate place, at an appropriate time, and an appropriate audience.
  - a. True
  - b. False
  
4. A \_\_\_\_\_ is able to safely help you to confront your anxiety or past trauma in a safe way.
  - a. Good friend
  - b. Good therapist
  - c. Any therapist

# Learning To Stop Avoiding Continued

Please list some ways that you might avoid processing (aka analyzing) your anxiety

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Add your 3 most commonly used avoidance habits to the picture on the “drawing page” of this workbook



# Examples of Good Therapy

Please use the information from the video to complete the following items

Circle the correct answer

1. Bad therapy can be a form of \_\_\_\_\_ and will usually lead to increased anxiety and PTSD.
  - a. Entertainment
  - b. Avoidance/distraction
  
2. “How was your week” therapy is bad therapy because the person never processes their scary movie and the emotional center learns that this was a “real threat” when it really wasn’t.
  - a. True
  - b. False
  
3. Good therapy is nicknamed \_\_\_\_\_.
  - a. “Watch the scary movie therapy”
  - b. Comfort Cocoon
  - c. It doesn’t exist...
  
4. The emotional center can only go back to the party when the \_\_\_\_\_ has activated, analyzed and found that there is no current threat.
  - a. Frontal Lobe
  - b. Occipital lobe
  - c. Temporal Lobe
  - d. Cerebellum
  
5. Good therapy is responsible for \_\_\_\_\_ of the frontal lobe activation.
  - a. 50%
  - b. 80%
  - c. 100%

Add the following to the picture on the “drawing page” of this workbook

- Write the words “Bad Therapy” and “how was your week”
  
- Write the words “Good Therapy” and “Watch The Scary Movie”

# Questions and Harmful Meds

Please use the information from the video to complete the following items

1. The \_\_\_\_\_ medications are often prescribed for anxiety or sleep issues but they are the equivalent of freeze dried alcohol and WILL ultimately make PTSD or anxiety worse and stop your frontal lobe from learning to quiet the emotional center!
  - a. Benzodiazepine
  - b. Antidepressant
  - c. Antipsychotic
  - d. Mood regulator
  
2. The following is NOT an example of a “freeze dried alcohol” (benzodiazepine) medication that should be avoided with PTSD, anxiety or sleep problems
  - a. Ativan (lorazepam)
  - b. Klonopin (clonazepam)
  - c. Valium (diazepam)
  - d. Xanax (alprazolam)
  - e. Prozac (Fluoxetine)
  
3. Suicide is the final avoidance tactic. If you are feeling suicidal you can call the national suicide hotline at 1-800-273-8255 where help is always available.
  - a. True
  - b. False

On the line below, please write down the web address where you can download a provider evaluation tool and watch a video that shows you how to use that tool to ensure your provider has the expertise for successful PTSD treatment.

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