

Log of Nice Things I Did for Myself

Activity	Date	Completed?	Stuck points?

From *Getting Unstuck from PTSD* by Patricia A. Resick, Shannon Wiltsey Stirman, and Stefanie T. LoSavio. Copyright © 2023 The Guilford Press. Purchasers of this book can photocopy and/or download additional copies of this worksheet at www.guilford.com/resick2-forms for personal use or use with clients; see copyright page for details.