

PTSD Nightmare & Flashback Log

This log is designed to help you notice patterns in nightmares and flashbacks. By recording triggers, intensity, and the coping methods you use, you can build awareness and share useful information with therapists or support teams.

Date & Time	Nightmare / Flashback	Trigger or Context	Intensity (1-10)	Coping Method Used	Helpful? (Y/N)

Tip: Review your notes weekly. Look for recurring triggers or coping strategies that worked well. Share with a trusted professional if possible.