

Something else



Angry

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

NIGHTMARE DIARY

Was it an exact re-enactment of the traumatic events?

☐

Yes

☐

No

If no, how was it different?

Can you think of way to change the nightmare's/night-terror's ending?

NIGHTMARE DIARY

What new information does the nightmare give you that you can use to build an understanding of what happened to you?

How has the nightmare/night-terror helped you to respond differently to your trauma?
