



[PTSD Support Practices](#)

Why This Matters

Many people carry **misconceptions about PTSD** that increase shame and isolation. By addressing these myths directly, we can replace them with a more compassionate, accurate understanding. This helps clients feel less "broken" and more supported in their healing journey.

Common Myths & Gentle Reframes

01

Myth: "PTSD only happens to soldiers or people in war."

Fact: PTSD can affect anyone who has been through overwhelming or life-threatening experiences — accidents, abuse, disasters, medical trauma, or ongoing stress.

Does this myth sound familiar to you? Write how it has shaped the way you see yourself or others:

02

Myth: "If I had PTSD, I wouldn't be able to function."

Fact: Many people with PTSD continue to work, study, and care for others while struggling silently. PTSD is about how your mind and body respond inside, not whether you "hold it together" outside.

Have you felt pressure to hide your symptoms because of this myth?

03

Myth: "PTSD means I'm weak or broken."

Fact: PTSD symptoms are survival responses. They show how hard your body and mind worked to protect you. They are not a sign of weakness — they are signs of adaptation.

What might change for you if you saw your symptoms as protective rather than broken?

04

Myth: "If I avoid it, it will just go away."

Fact: Avoidance is a natural coping strategy, but it often keeps distress alive. Healing usually involves gentle support, awareness, and safe processing — not pushing it down.

Where do you notice avoidance in your own life? How might it be both helping and limiting you?

Closing Reflection

- Which of these myths has affected you most strongly?
- How does it feel to know there are kinder, more accurate ways to understand PTSD?
- What supportive message would you like to tell yourself instead?

A Compassionate Reminder

This worksheet is here to remind you that PTSD is not a personal failing. It is the mind and body's way of surviving overwhelming experiences. By replacing myths with compassionate truths, you can begin to see your symptoms as protective rather than broken. Reflecting on these ideas helps loosen shame, brings in self-understanding, and opens space for healing. This reflection complements the PTSD Intro Reflection Worksheet and the Therapist Guide, giving you and your therapist a fuller, kinder foundation for exploring what you've been through.