AN UNNORMAL FREE RESOURCE

THE CALL JOURNAL

A place to put down the call that's still sitting with you.

DATE _____ **SHIFT / UNIT** _____ **CALL TYPE (brief, no details needed)** _____

WHAT HAPPENED, IN PLAIN TERMS:

WHAT I DID WELL:

WHAT'S STILL SITTING WITH ME:

WHAT I NEED RIGHT NOW:

WHO I TOLD (optional):

From "Get In FRONT of PTSD" — Chapter 13. If you are having thoughts of hurting yourself, call or text 988 right now.