

Survivor Syndrome Worksheet

Survivor Syndrome, also known as Survivor Guilt, can occur when someone has survived a traumatic event that others did not.

1. Think about the event or situation that is causing you to feel survivor guilt. Describe it in detail.

Example: "I survived a car accident in which my friend did not. I feel guilty that I survived while they did not."

2. List the specific reasons why you feel guilty about surviving. Reflect on whether these feelings are rational and justified.

Example:

- *I feel guilty because I couldn't save my friend.*
- *I question why I survived and they didn't.*
- *I believe I don't deserve to be alive when they are not.*

3. Consider how this survivor guilt is affecting your life. Think about its impact on your emotions, behavior, and relationships.

4. Identify any irrational or exaggerated thoughts related to your survivor guilt. Challenge these thoughts with more balanced and realistic perspectives.

Example:

- *Irrational Thought: "I should have been the one who died."*
- *Realistic Thought: "I survived for a reason, and I can honor my friend's memory by living a meaningful life."*

5. Create a list of coping strategies to help you manage your survivor guilt. These can include therapy, support groups, journaling, or engaging in activities that honor those who didn't survive.

6. Write a compassionate message to yourself acknowledging that it's okay to feel survivor guilt but also to forgive yourself and focus on healing.

Example: "It's okay to feel guilty about surviving, but it doesn't mean you're at fault. You deserve to heal and find peace. Your friend would want you to live a happy and fulfilling life."
