



- ★ COMMUNITY
- ★ GUIDANCE
- ★ SUPPORT

## SIGNS OF POST TRAUMATIC STRESS DISORDER

If you have developed PTSD, wanting to understand more about it and to manage your symptoms is a sign of strength and of your desire to live a healthy and fulfilling life. These are some common symptoms people with PTSD experience:

### Reliving the trauma

They may feel like they are experiencing the trauma all over again, either in dreams, memories, or flashbacks.

### Avoiding reminders

They may try to stay away from certain places, people, sounds, or events that trigger the intense feelings of the trauma— feelings like fear, powerlessness, guilt, physical stress, or panic.

### Avoiding thoughts and feelings


They may feel numb or may try to ignore bad thoughts or feelings.

### Hypervigilance

They may often be highly alert, on guard for danger, and ready to fight at any moment. They may be overprotective of themselves, their family, or their home. They may overreact to small things in their surroundings.

### Physical problems

They may have signs of physical problems, like headaches, stomach troubles, and trouble sleeping.

 For each of these reactions, circle the word—never, sometimes, or often—that applies to you. Then rate each from 1 to 5 on how much it limits you from doing activities you would like to do. Use 1 = This hardly limits me at all and 5 =This limits me a lot.

I have nightmares.

Never      Sometimes      Often      1      2      3      4      5

I can't get a good night's sleep.

Never      Sometimes      Often      1      2      3      4      5

I feel like I am having a heart attack or a panic attack.

Never      Sometimes      Often      1      2      3      4      5

I have flashbacks in which I experience the traumatic event again.

Never      Sometimes      Often      1      2      3      4      5

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I avoid anything that reminds me of the traumatic event.

Never	Sometimes	Often	1	2	3	4	5
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I avoid doing things with people who are important to me (for example, my partner, my children, other family members, or friends).

Never	Sometimes	Often	1	2	3	4	5
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I avoid going out of the house.

Never	Sometimes	Often	1	2	3	4	5
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I use drugs or alcohol to get rid of bad thoughts and feelings.

Never	Sometimes	Often	1	2	3	4	5
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I find it hard to make decisions.

Never	Sometimes	Often	1	2	3	4	5
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I feel as though I have to be alert for danger at all times.

Never	Sometimes	Often	1	2	3	4	5
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I blame myself for what happened to others.

Never	Sometimes	Often	1	2	3	4	5
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I seem to focus more on the negative than the positive aspects of situations.

Never	Sometimes	Often	1	2	3	4	5
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I get angry or irritated very quickly.

Never	Sometimes	Often	1	2	3	4	5
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I often feel suspicious or untrusting of other people.

Never	Sometimes	Often	1	2	3	4	5
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