

LIST OF COMMON SYMPTOMS OF PTSD:

Intrusive Symptoms:

- ☐ Reliving the event, over and over again
- ☐ Uninvited flashbacks, intrusive and distressing memories, recurrent images
- ☐ Frequent Nightmares, frightening dreams
- ☐ Emotional and physical duress when traumatic memories are triggered
- ☐ Haunting grief, shame, or guilt over how self reacted to the trauma
- ☐ Guilt for surviving what others did not
- ☐ Obsessing about the trauma and plagued by fears of further danger
- ☐ Intrusive, uninvited thoughts that seem to come out of nowhere

Arousal Symptoms:

- ☐ Hypervigilance (feeling on edge, “on guard” even when in safe situations)
- ☐ Easily startled or jumpy
- ☐ Shaky, jittery inside or trembling hands
- ☐ Difficulty concentrating
- ☐ Outbursts of anger and/or extreme irritability
- ☐ Sleep disturbances: unable to get to sleep or stay asleep, lack of restorative sleep
- ☐ Intense fear of the event happening again; terrified of repeat traumas (physical or emotional)
- ☐ Reckless or self-destructive behavior (including misuse of drugs or alcohol, suicidal attempts,)

Avoidance Symptoms:

- ☐ Avoiding people, places, conversations or situations that remind you of the event
- ☐ Going out of your way to not see any reminder of the event(s)
- ☐ Avoiding thinking about the trauma or feelings associated with it

Negative Changes in Thoughts and Mood Symptoms:

- ☐ Some loss of memory about the event
- ☐ Easily lose track of what you’re doing
- ☐ Feeling hopeless or helpless about the future
- ☐ Decreased interest in enjoyable activities
- ☐ Persistent and exaggerated negative feelings and beliefs about self, others or the world/life/God
- ☐ Distorted, negative beliefs about the cause or impact of the traumatic event(s)

Dissociative Symptoms (optional):

- ☐ Feeling like you are outside your body watching what is going on
- ☐ Feeling detached or estranged from others
- ☐ Feeling like you are walking around in a daze, or a dream
- ☐ “Spacing out” or “zoning out” while at work or home
- ☐ feeling emotionally “numb,” things seem surreal; feel as if not living in reality