

In the past  
but not now

Currently  
experiencing

**RE-EXPERIENCING SYMPTOMS: Memories and images of the traumatic events may intrude into the minds of those with PTSD. They occur suddenly without obvious cause. They are often accompanied by intense emotions, such as grief, guilt, fear, or anger. Sometimes they can be so vivid a person believes the trauma is**

Nightmares, night terrors

Sleepwalking, sleep fighting

Unwanted daytime memories, images, thoughts, daydreams

Somatic flashbacks (physical pain or a medical condition emerges, linked to the feelings or bodily states associated with the traumatic event)

Fixated on war experience, living in the past

Spontaneous psychotic episodes (the world vanishes and you're suddenly somewhere else, experiencing some sort of trauma)

Panic Attacks, undefined dread or fear

Phobias (What kind?)

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**AVOIDANCE SYMPTOMS:** Traumatized individuals attempt to avoid situations, people or events that remind them of their trauma. They feel numb, emotionless, withdrawing into themselves trying to shut out the painful memories and feelings. Friends and family feel rejected by them, as they are unable to show appropriate affection and emotion.

Avoiding anyone or anything that reminds you of the traumatic event

Physical / emotional reaction to things that remind you of the traumatic event

Self-isolating, dread of social interaction

Anxiety in crowds, traffic

Despair, depression, sadness, emptiness, loneliness

Inability to trust others

Very reluctant to talk about your traumatic event

Lack of interest or motivation regarding employment, recreation, former hobbies, sex, exercise

Relationships that were once close and even intimate are now strained, cold, distant, requiring too much energy to maintain

Emotional numbness, flat, can't get happy or sad, "dead" inside

Substance abuse to "numb" yourself (drugs, alcohol, food)

Suicidal thoughts

Suicide attempts

Physical fatigue

Neglect / abandon personal care, hygiene, nutrition, exercise

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<input type="checkbox"/>	<input type="checkbox"/>	Anger, irritability, "short fuse," fits of rage
<input type="checkbox"/>	<input type="checkbox"/>	hyper vigilance (always on guard), always need to be armed with knife or gun; could also include "emotional" hyper vigilance
<input type="checkbox"/>	<input type="checkbox"/>	Easily startled, react to loud noises, jumpy
<input type="checkbox"/>	<input type="checkbox"/>	Substance abuse to "un-numb" yourself (drugs, alcohol, food)
<input type="checkbox"/>	<input type="checkbox"/>	Reduced cognitive ability (slow thinking, confusion, poor problem-solving, concentration)
<input type="checkbox"/>	<input type="checkbox"/>	Poor memory
<input type="checkbox"/>	<input type="checkbox"/>	Trouble falling asleep or staying asleep, insomnia
<input type="checkbox"/>	<input type="checkbox"/>	Night sweats
<input type="checkbox"/>	<input type="checkbox"/>	Accelerated heart rate, rapid breathing, heart palpitations for no good reason
<input type="checkbox"/>	<input type="checkbox"/>	Question / abandon faith, feeling of being betrayed or abandoned by God, mad at God
<input type="checkbox"/>	<input type="checkbox"/>	Fear of becoming violent
<input type="checkbox"/>	<input type="checkbox"/>	Becoming violent, provoking fights
<input type="checkbox"/>	<input type="checkbox"/>	Homicidal thoughts
<input type="checkbox"/>	<input type="checkbox"/>	Anniversary reaction (becoming anxious nearing the monthly or yearly anniversary of the traumatic event)
<input type="checkbox"/>	<input type="checkbox"/>	Adrenalin junkie (taking risks, getting hyped up)
<input type="checkbox"/>	<input type="checkbox"/>	Self-mutilation, cutting, excessive tattooing