

Do any of these apply to you?

Rate each imbalance on a sliding scale between 0 and 10, and record what you notice.

Recurring Memories

| | no impact | moderate | overwhelming |
|---|-----------|-------------------|--------------|
| Flashbacks—feeling like the event is happening all over again | 0 | 1 2 3 4 5 6 7 8 9 | 10 |
| Strong mental and emotional pain when reminded of the event | 0 | 1 2 3 4 5 6 7 8 9 | 10 |
| Nightmares or repetitive bad dreams | 0 | 1 2 3 4 5 6 7 8 9 | 10 |

Hyperarousal or Alarm

| | no impact | moderate | overwhelming |
|--|-----------|-------------------|--------------|
| Difficulty falling or staying asleep | 0 | 1 2 3 4 5 6 7 8 9 | 10 |
| Becoming overly startled by common noises or someone unexpectedly coming up to you from behind | 0 | 1 2 3 4 5 6 7 8 9 | 10 |
| Being constantly “on alert” for danger | 0 | 1 2 3 4 5 6 7 8 9 | 10 |
| Unexplained fear, agitation or irritability | 0 | 1 2 3 4 5 6 7 8 9 | 10 |
| Feeling shaky, shortness of breath, breaking out in a cold sweat or irregular heartbeat when talking/ thinking about the event | 0 | 1 2 3 4 5 6 7 8 9 | 10 |
| An overwhelming feeling of upset triggered by a sight, smell, taste, sound or touch | 0 | 1 2 3 4 5 6 7 8 9 | 10 |
| Trouble controlling emotions—sudden outbursts of anxiety, anger, or sadness | 0 | 1 2 3 4 5 6 7 8 9 | 10 |
| Defiant/hard to discipline | 0 | 1 2 3 4 5 6 7 8 9 | 10 |

Avoidance And Numbing

| | no impact | moderate | overwhelming |
|--|-----------|-------------------|--------------|
| Emotionally numb and detached | 0 | 1 2 3 4 5 6 7 8 9 | 10 |
| Difficulty feeling love or any strong emotion | 0 | 1 2 3 4 5 6 7 8 9 | 10 |
| Feeling disconnected from events and people, a sense of unreality | 0 | 1 2 3 4 5 6 7 8 9 | 10 |
| Avoiding thinking or talking about the event | 0 | 1 2 3 4 5 6 7 8 9 | 10 |
| Avoiding activities, places, or people that are reminders of the event | 0 | 1 2 3 4 5 6 7 8 9 | 10 |
| Forgetting important details about the traumatic event | 0 | 1 2 3 4 5 6 7 8 9 | 10 |
| Losing interest in activities that were previously enjoyed | 0 | 1 2 3 4 5 6 7 8 9 | 10 |

| | no impact | moderate | overwhelming |
|--|-----------|-------------------|--------------|
| Believing that important goals— marriage, parenthood, or growing older— cannot be attained | 0 | 1 2 3 4 5 6 7 8 9 | 10 |
| ‘Self-medicating’ with alcohol and/or drugs | 0 | 1 2 3 4 5 6 7 8 9 | 10 |
| Unable to focus in the moment— constantly daydreaming | 0 | 1 2 3 4 5 6 7 8 9 | 10 |
| Unable to remember common information, i.e., name, address, telephone number, etc. | 0 | 1 2 3 4 5 6 7 8 9 | 10 |
| Difficulty concentrating or thinking clearly | 0 | 1 2 3 4 5 6 7 8 9 | 10 |
| Difficulty making decisions | 0 | 1 2 3 4 5 6 7 8 9 | 10 |
| Self-harming, by cutting, burning, piercing, etc. | 0 | 1 2 3 4 5 6 7 8 9 | 10 |

Common physical reactions may include:

| | no impact | moderate | overwhelming |
|---|-----------|-------------------|--------------|
| Sudden onset of allergies | 0 | 1 2 3 4 5 6 7 8 9 | 10 |
| Stomach pains, constipation/diarrhea | 0 | 1 2 3 4 5 6 7 8 9 | 10 |
| Shakiness, chills, racing heart, when seeing reminders of the event | 0 | 1 2 3 4 5 6 7 8 9 | 10 |
| Respiratory problems | 0 | 1 2 3 4 5 6 7 8 9 | 10 |
| Headaches | 0 | 1 2 3 4 5 6 7 8 9 | 10 |
| Muscle cramps or aches | 0 | 1 2 3 4 5 6 7 8 9 | 10 |
| Sudden loss of bladder control | 0 | 1 2 3 4 5 6 7 8 9 | 10 |
| Low back pain | 0 | 1 2 3 4 5 6 7 8 9 | 10 |
| Cardiovascular problems | 0 | 1 2 3 4 5 6 7 8 9 | 10 |
| Anxiety disorder | 0 | 1 2 3 4 5 6 7 8 9 | 10 |
| Depression | 0 | 1 2 3 4 5 6 7 8 9 | 10 |

More behavioral symptoms may include:

| | no impact | moderate | overwhelming |
|--------------------------------|-----------|-------------------|--------------|
| Accident prone | 0 | 1 2 3 4 5 6 7 8 9 | 10 |
| Clumsy | 0 | 1 2 3 4 5 6 7 8 9 | 10 |
| Loss of confidence | 0 | 1 2 3 4 5 6 7 8 9 | 10 |
| Inability to complete projects | 0 | 1 2 3 4 5 6 7 8 9 | 10 |
| Moody | 0 | 1 2 3 4 5 6 7 8 9 | 10 |
| Over-active | 0 | 1 2 3 4 5 6 7 8 9 | 10 |
| Poor reading comprehension | 0 | 1 2 3 4 5 6 7 8 9 | 10 |
| Restless/fidgety | 0 | 1 2 3 4 5 6 7 8 9 | 10 |
| Rub eyes a lot | 0 | 1 2 3 4 5 6 7 8 9 | 10 |
| Overly sensitive | 0 | 1 2 3 4 5 6 7 8 9 | 10 |
| Talk too much | 0 | 1 2 3 4 5 6 7 8 9 | 10 |
| Unpredictable | 0 | 1 2 3 4 5 6 7 8 9 | 10 |

