

PTSD Checklist

By Fae Fisher

☐ PTSD Symptoms

- ☐ Have repeated, disturbing memories, thoughts, or images of a stressful experience.
- ☐ Have repeated, disturbing dreams of a stressful experience.
- ☐ Suddenly act or feel as if a stressful experience were happening again.
- ☐ Feel very upset when something reminded you of a stressful experience.
- ☐ Have physical reactions (heart pounding, trouble breathing, or sweating) when something reminded you of a stressful experience.
- ☐ Avoid thinking about or talking about a stressful military experience or avoid having feelings related to it.
- ☐ Avoid activities or talking about a stressful experience or avoid having feelings related to it.
- ☐ Have trouble remembering important parts of a stressful experience.
- ☐ Loss of interest in things that you used to enjoy.
- ☐ Feel distant or cut off from other people.
- ☐ Feel emotionally numb or being unable to have loving feelings for those close to you.
- ☐ Feel as if your future will somehow be cut short.
- ☐ Have trouble falling or staying asleep.
- ☐ Feel irritable or have angry outbursts.
- ☐ Have difficulty concentrating.
- ☐ Is 'super alert' or watchful on guard.
- ☐ Feel jumpy or easily startled.