

# 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.