**Trauma Symptom Checklist**

**Put a check next to the applicable symptoms**

**PHYSICAL REACTIONS:**

 \_\_\_ aches and pains like headaches, backaches, stomach aches

 \_\_\_sudden sweating and/or heart palpitations (fluttering)

 \_\_\_changes in sleep patterns, appetite, interest in sex

 \_\_\_constipation or diarrhea

 \_\_\_easily startled by noises or unexpected touch .

 \_\_\_more susceptible to colds and illnesses

**EMOTIONAL REACTIONS:**

\_\_\_shock and disbelief

\_\_\_fear and/or anxiety

\_\_\_ grief

\_\_\_disorientation

\_\_\_denial . hyper-alertness or hypervigilance

\_\_\_ irritability and/or restlessness

\_\_\_outbursts of anger or rage

\_\_\_emotional swings .. like crying and then laughing

\_\_\_worrying or ruminating - intrusive thoughts of the trauma

\_\_\_nightmares

\_\_\_flashbacks .. feeling like the trauma is happening now

\_\_\_ feelings of helplessness

\_\_\_feelings of panic or feeling out of control

\_\_\_ increased need to control everyday experiences

\_\_\_minimizing the experience

\_\_\_attempts to avoid anything associated with trauma

\_\_\_ tendency to isolate oneself

\_\_\_ feelings of detachment

\_\_\_ concern over burdening others with problems

\_\_\_ emotional numbing

\_\_\_ restricted range of feelings

\_\_\_difficulty trusting and/or feelings of betrayal

\_\_\_difficulty concentrating or remembering

\_\_\_increased use of alcohol or drugs and/or overeating

\_\_\_ feelings of self-blame

\_\_\_ survivor guilt

\_\_\_shame

\_\_\_diminished interest in everyday activities

\_\_\_ depression

\_\_\_ unpleasant past memories resurfacing

\_\_\_loss of a sense of order or fairness in the world

\_\_\_expectation of doom and fear of the future

Adapted from The Trauma Response Copright 1989 Patti Levin. Psy.D.