



Upsetting thoughts
or pictures about
what happened
that pop into your
head.



Bad dreams
reminding you of
what happened.



Staying away from
people, places,
things, or situations
that remind you of
what happened.



Feeling very upset
when you are
reminded of what
happened.



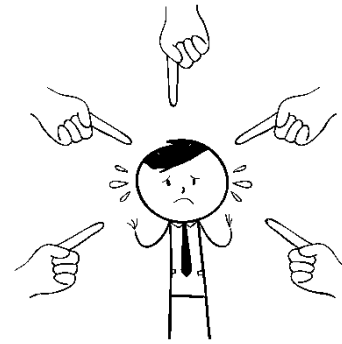
Strong feelings in
your body when you
are reminded of
what happened.
(Ex: sweating, heart
beating, upset
stomach.)



Trying not to think
about or talk about
what happened. Or
to not have feelings
about it.



Thinking: I won't have a good life. No one loves me. The whole world is unsafe.



Blaming yourself for what happened.



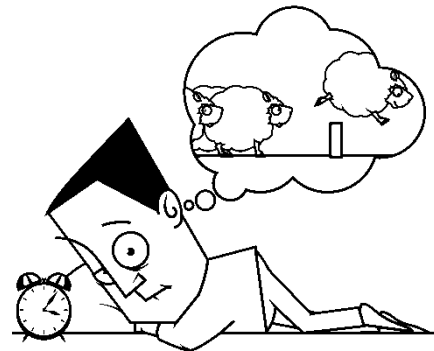
Feeling afraid, angry, guilty, sad a lot of the time.



Not wanting to do things you used to do.



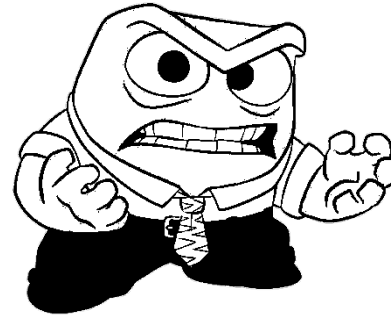
Problems paying attention.



Trouble falling or staying asleep.



Not being happy.



Feeling mad.
Hurting others.



Feeling unsafe.



Being jumpy.