

# IDENTIFYING PTSD SYMPTOMS



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



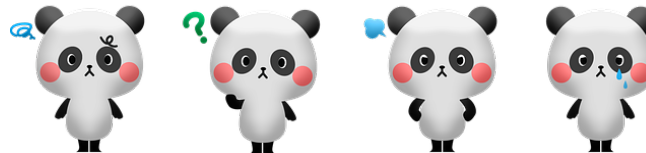
Thinking: I won't have a good life. No one loves me. The whole world is unsafe.



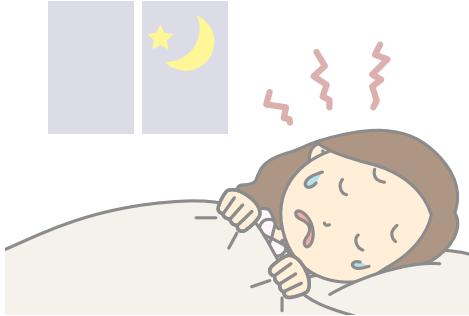
Feeling mad. Hurting others.



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



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



Bad dreams  
reminding you of  
what happened.



Not being happy.



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



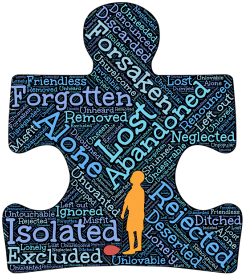
Feeling unsafe.



Being jumpy.



Feeling very upset  
when you are  
reminded of what  
happened.



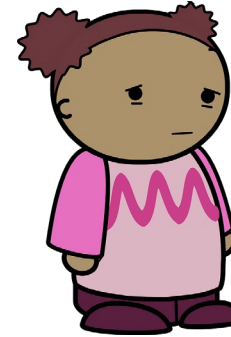
Thinking: I won't  
have a good life.  
No one loves me.  
The whole world is  
unsafe.



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



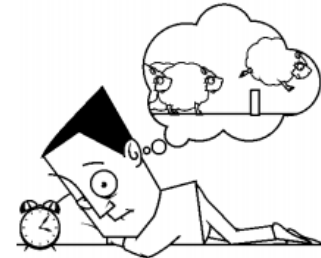
Blaming yourself for  
what happened.



Not wanting to do  
things you used to  
do.



Problems paying  
attention.



Trouble falling or  
staying asleep.