

Memories of scary and upsetting times come into my mind when I don't want to think about them.

I have more upsetting or scary dreams than I used to.

Sometimes when I am reminded of scary times, it feels like I'm in them again.

I have really heavy and overwhelming feelings when I am reminded of scary and upsetting times.

My body has really strong reactions inside when I am reminded of scary and upsetting times.

I try hard to avoid memories, thoughts and feelings about scary times.

I get mad more
now than I
used to.

I get sad and
upset more now
than I used to.

I feel like I'm to
blame for what
happened.

I feel
embarrassed or
ashamed for
what happened.

It's like I don't
have as many
feelings any
more.

It's like I can't feel
good or light
feelings like I
used to.

I don't feel as
close to others
as I used to.

I don't want to
spend as much
time around others
as I used to.

I don't like doing
some things as
much as I used to.

I get angrier or get
into more fights
with people than I
used to.

I do more things
that could hurt
myself or others
than I used to.

It's like I'm always
on high alert,
waiting for
something bad
to happen.

I'm more jumpy
and easily
startled than I
used to be.

I have more
trouble focusing
on things like
schoolwork.

I don't go to
sleep as quickly
as I used to.

I wake up more
in the middle of
the night.

I want to sleep
more than
I used to.

I have more
trouble waking up
in the morning
than I used to.

I have more
headaches, stomach
aches or feel sick
more often than
I used to.

I eat more or
less than I
used to.

It feels like no one
else has ever gone
through anything
like this.

I get more nervous
when I'm away
from my family.

It feels like
everyone knows
what I went
through.

I wonder if people
will think badly of
me if they find out
what I went
through.

I try hard to avoid
people, places, or
things that remind me
of scary and upsetting
times.

I have trouble
remembering parts
of the scary times
I've experienced.

I have lots of heavy
thoughts about the
scary times I've
experienced.

I often think bad
things about
myself.

I worry or think
more negatively
about my future.

I worry or think
more negatively
about others.