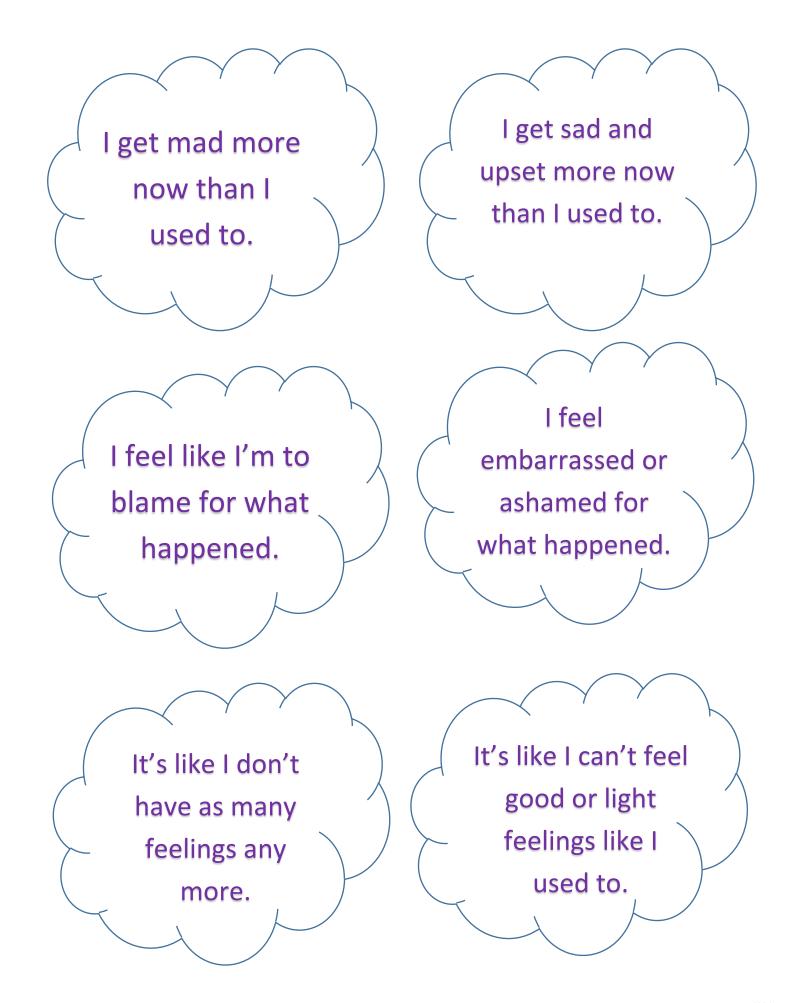
Memories of scary and upsetting times come into my mind when I don't want to think about them. I have more upsetting or scary dreams than I used to.

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 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 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 l'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.

