

Upsetting
memories come
onto my mind

Scary, Upsetting
Dreams

Reliving...like I am
back when the
trauma was
happening

Strong feelings
when I'm
reminded of the
trauma

Strong body
responses (heart
racing, sweating)
when reminded of

Try hard not to
think about or feel
about scary times

Stay away from reminders of trauma (people, places, conversations)

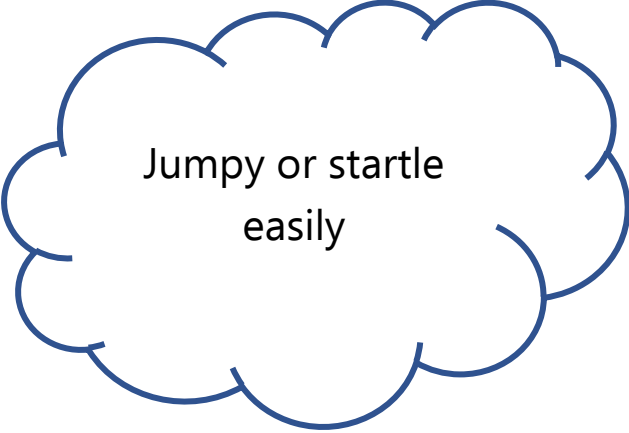
Feeling more sad or upset that I used to

Blaming myself for what happened

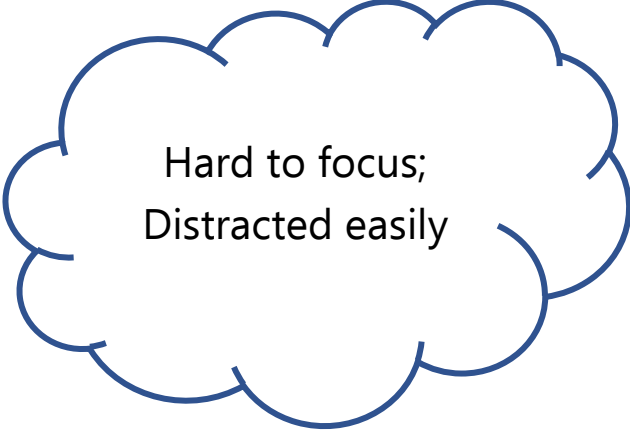
Feeling embarrassed or ashamed about what happened

Feeling numb;
Cut-off from my feelings

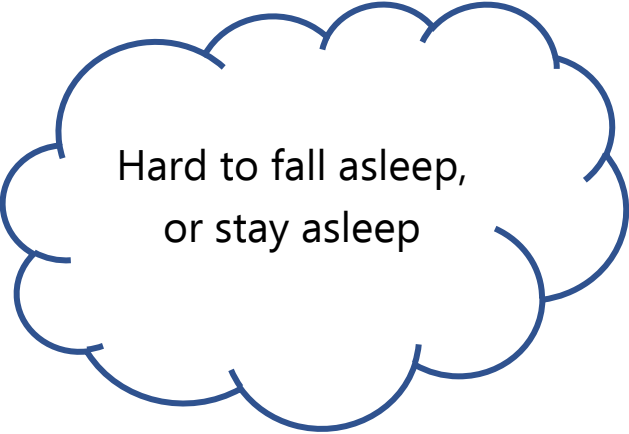
Not as happy as I used to be



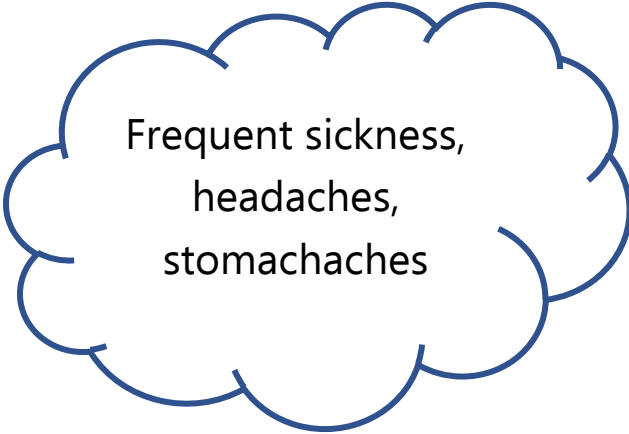
Jumpy or startle
easily



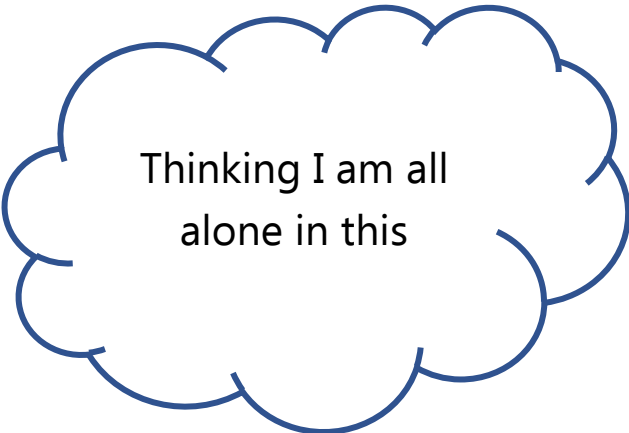
Hard to focus;
Distracted easily




Hard to fall asleep,
or stay asleep



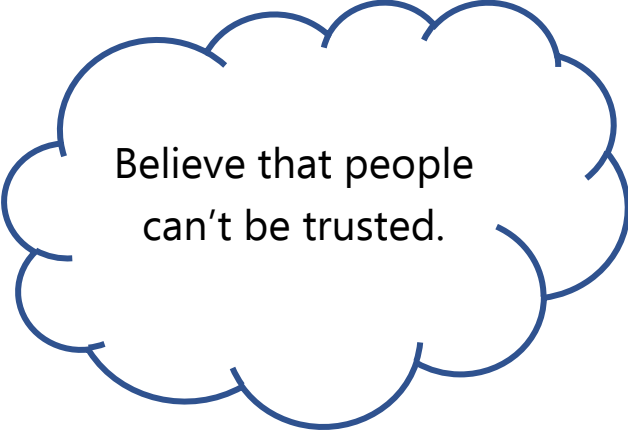
Frequent sickness,
headaches,
stomachaches



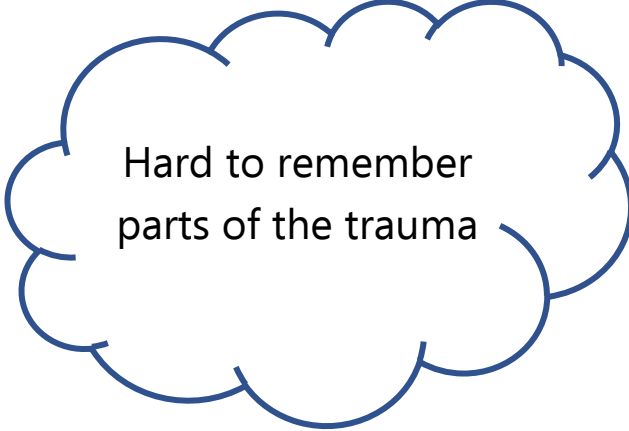
Thinking I am all
alone in this



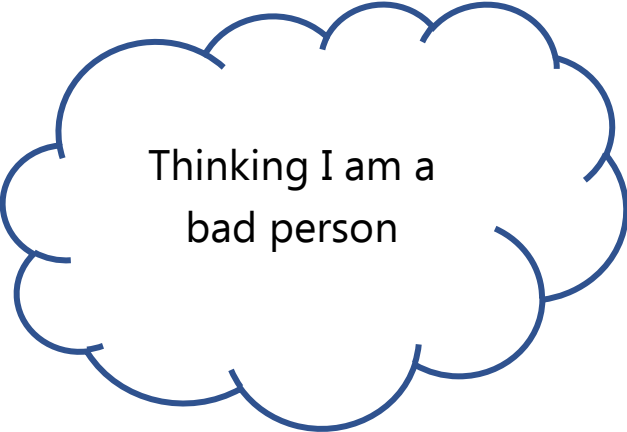
Thinking the world
is unsafe




Believe that people
can't be trusted.



Hard to remember
parts of the trauma



Thinking I am a
bad person



Believing my
future will be bad

Not as close to
others as I used to
be

Stay to myself
more

Not wanting to do
things I used to
enjoy

Feeling angry or
irritated often

Getting into fights
or arguments
often

Taking more risks;
Doing unsafe
things