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## Self assessment for Post Traumatic Stress Disorder

Has trauma affected your life? Check how many of these symptoms you experience:

A. You were:

- exposed to a frightening or traumatic event where you were at severe risk, or you witnessed a traumatic event happen to others.
- terrified or helpless.

B. Even if the event happened long ago, you are still troubled by:

- Recurring intrusive thoughts or memories
- Recurring nightmares or night terrors (frightening experiences at night, without dream images)
- Flashbacks, like you are back in the traumatic situation
- Extreme emotional reactions when you are triggered by small things
- Extreme physical reactions (often feels like a 'panic attack') when you are triggered by small things

C. You are unable to be fully present

- You avoid feeling, talking, or thinking about traumatic events you have experienced
- You avoid people, places, or activities that remind you of the traumatic event(s)
- Lack of memory about significant traumatic parts of your life
- Loss of interest or participation in significant activities
- Feeling disconnected from other people
- You can't feel or express a full range of normal emotions
- You are physically numb or distanced from your own body
- You don't believe you'll have a long or full lifespan

D. You are frequently "on edge"

- You have trouble falling asleep or sleeping through the night
- You are irritable, or have angry outbursts
- You have difficulty concentrating
- You are always alert for trouble, looking over your shoulder, making sure you can see anyone approaching
- You startle very easily

How to score: If you have any of these symptoms, you can benefit from some healing work. You may have post traumatic stress disorder (PTSD) if you checked both items under item A, and you have at least one symptom from group B, three from group C, and two from group D.

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