Nightmares

Symptoms associated with Complex Trauma

Night sweats

Audio-visual hallucinations

Dissociation

Dysregulation

Flashbacks

Panic

Intrusive triggers

Shallow breathing

Body tension

Inability to regulate temperature

Crying – emotionally overwhelmed

Numb

Aggression

Sensory overload

Jumpy/ startle easily

Inability to concentrate

Fidgety

Loss of interest

Overreacting

Emotional outburst

Loss of motivation

Self-care issues

Isolation

Loss of interest in relationship

Fatigue

Irritable

Avoiding contact

Mistrust

Sensory overload

Getting upset over small things – avoid conversations

Shut down

Chronic pain

Worsening of health conditions

Paranoia

Digestive issues

Over-trust

Sleeping issues

Self-destructive behaviours

Testing others

Increase in mental illness

Consistent dread

Negative cycles

Increased anxiety

Dread – anticipatory

Waiting for something to happen

Touch aversion

Perfectionism

Seeking comfort/ validation

Low self image/ esteem

Negative self-talk

Trouble feeling safe

Difficulty with assessing safety vs feeling

Pressure

Fear of feeling safe/ vulnerable

Not allowing to feel