



Common PTSD Symptom Checklist

A. Intrusion:

- Unwanted thoughts about the traumatic event
- Nightmares
- Flashbacks

B. Avoidance:

- Avoiding reminders of the traumatic event, like people, places, activities, things and situations
- Avoiding talking about what happened or how you feel about it

C. Changes in thinking and mood:

- Ongoing fear, horror, anger, guilt and shame
- Memory loss of important aspects of the traumatic event
- Ongoing negative/distorted thoughts/feelings about yourself or others
- Distorted thoughts about the cause or effects of the event that lead to wrongly blaming yourself or others
- Feeling detached from others
- No longer enjoying activities you once did
- Trouble experiencing positive emotions

D. Changes in arousal and reactivity

- Irritability and anger outburst
- Reckless and destructive behavior
- Being overly watchful of your environment (hypervigilance)
- Being easily startled
- Problems concentrating or sleeping

*If client checks one circle in each of the four PTSD symptoms clusters **one month** following a traumatic event, a PTSD evaluation is recommended.*

Client Referrals:

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