

# Climbing Out of the PTSD Hole

Recover & Live the Life of Your Dreams



PTSD ASSESSMENT & SCORING

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ESSENTIAL  
MASTERY

# INTRODUCTION TO PTSD ASSESSMENT & SCORING

Post-Traumatic Stress Disorder is a mental health disorder that can develop after experiencing or witnessing a wide range of traumatic events, including natural disasters, death and dismemberment in warfare, terrorism, or other life-threatening events. While PTSD is most commonly associated with military combat, it can also affect people who have experienced other forms of trauma, such as child abuse, physical and sexual assault, rape, traffic collisions, or other threats on one's life.

PTSD is a complex condition that can be influenced by a variety of factors. While not everyone who experiences trauma will develop PTSD, there are several risk factors that can increase the likelihood of developing the disorder. Some of the most common risk factors for developing PTSD include:

1. Exposure to a traumatic event: The individual's level of exposure, severity and duration of the trauma. The more severe and traumatic the event, the greater the risk of developing PTSD.
2. Personal or family history of pre-existing mental health conditions: Individuals with a history of anxiety or depression may be more susceptible to developing PTSD after a traumatic event.
3. Lack of social support: People who lack a support system, or who feel isolated after a traumatic event, may be more likely to develop PTSD.
4. Childhood trauma: Individuals who experienced trauma or abuse during childhood may be more vulnerable to PTSD later in life.
5. Lack of coping skills: People who do not have effective coping skills or who have difficulty regulating their emotions may be at higher risk for PTSD.
6. Substance abuse: Individuals who abuse drugs or alcohol may be more likely to develop PTSD after a traumatic event.
7. Pre-existing mental health conditions: People who have pre-existing mental health conditions, such as anxiety or depression, may be more vulnerable to developing PTSD.

It is important to note that not everyone who experiences these risk factors will develop PTSD, and some people who do not have any of these risk factors may still develop the disorder.

You can take the assessment and score it per the instructions on page 5.

The assessment below was created by the US Veteran's Affairs National Center for PTSD.  
[https://www.ptsd.va.gov/professional/assessment/documents/PCL5\\_criterionA\\_form.PDF](https://www.ptsd.va.gov/professional/assessment/documents/PCL5_criterionA_form.PDF)

## PCL-5 with Criterion A

**Instructions:** This questionnaire asks about problems you may have had after a very stressful experience involving actual or threatened death, serious injury, or sexual violence. It could be something that happened to you directly, something you witnessed, or something you learned happened to a close family member or close friend. Some examples are a serious accident; fire; disaster such as a hurricane, tornado, or earthquake; physical or sexual attack or abuse; war; homicide; or suicide.

First, please answer a few questions about your worst event, which for this questionnaire means the event that currently bothers you the most. This could be one of the examples above or some other very stressful experience. Also, it could be a single event (for example, a car crash) or multiple similar events (for example, multiple stressful events in a war-zone or repeated sexual abuse).

**Briefly identify the worst event (if you feel comfortable doing so):**

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**How long ago did it happen?** \_\_\_\_\_ (please estimate if you are not sure)

**Did it involve actual or threatened death, serious injury, or sexual violence?**

\_\_\_\_\_ Yes

\_\_\_\_\_ No

**How did you experience it?**

\_\_\_\_\_ It happened to me directly

\_\_\_\_\_ I witnessed it

\_\_\_\_\_ I learned about it happening to a close family member or close friend

\_\_\_\_\_ I was repeatedly exposed to details about it as part of my job (for example, paramedic, police, military, or other first responder)

\_\_\_\_\_ Other, please describe \_\_\_\_\_

**If the event involved the death of a close family member or close friend, was it due to some kind of accident or violence, or was it due to natural causes?**

\_\_\_\_\_ Accident or violence

\_\_\_\_\_ Natural causes

\_\_\_\_\_ Not applicable (the event did not involve the death of a close family member or close friend)

Second, below is a list of problems that people sometimes have in response to a very stressful experience. Keeping your worst event in mind, please read each problem carefully and then circle one of the numbers to the right to indicate how much you have been bothered by that problem in the past month.

<b>In the past month, how much were you bothered by:</b>	<b>Not at all</b>	<b>A little bit</b>	<b>Moderately</b>	<b>Quite a bit</b>	<b>Extremely</b>
1. Repeated, disturbing, and unwanted memories of the stressful experience?	0	1	2	3	4
2. Repeated, disturbing dreams of the stressful experience?	0	1	2	3	4
3. Suddenly feeling or acting as if the stressful experience were actually happening again (as if you were actually back there reliving it)?	0	1	2	3	4
4. Feeling very upset when something reminded you of the stressful experience?	0	1	2	3	4
5. Having strong physical reactions when something reminded you of the stressful experience (for example, heart pounding, trouble breathing, sweating)?	0	1	2	3	4
6. Avoiding memories, thoughts, or feelings related to the stressful experience?	0	1	2	3	4
7. Avoiding external reminders of the stressful experience (for example, people, places, conversations, activities, objects, or situations)?	0	1	2	3	4
8. Trouble remembering important parts of the stressful experience?	0	1	2	3	4
9. Having strong negative beliefs about yourself, other people, or the world (for example, having thoughts such as: I am bad, there is something seriously wrong with me, no one can be trusted, the world is completely dangerous)?	0	1	2	3	4
10. Blaming yourself or someone else for the stressful experience or what happened after it?	0	1	2	3	4
11. Having strong negative feelings such as fear, horror, anger, guilt, or shame?	0	1	2	3	4
12. Loss of interest in activities that you used to enjoy?	0	1	2	3	4
13. Feeling distant or cut off from other people?	0	1	2	3	4
14. Trouble experiencing positive feelings (for example, being unable to feel happiness or have loving feelings for people close to you)?	0	1	2	3	4
15. Irritable behavior, angry outbursts, or acting aggressively?	0	1	2	3	4
16. Taking too many risks or doing things that could cause you harm?	0	1	2	3	4
17. Being "superalert" or watchful or on guard?	0	1	2	3	4
18. Feeling jumpy or easily startled?	0	1	2	3	4
19. Having difficulty concentrating?	0	1	2	3	4
20. Trouble falling or staying asleep?	0	1	2	3	4

# DO YOU HAVE PTSD?

## Self-Scoring Instructions: PTSD Checklist for DSM-5

You determine if you need help or not. Look at your answers on page 1 of 2 of the checklist. The criteria to meet the diagnosis of PTSD are:

Criteria A: Exposure to actual or threatened death, sexual violence, or serious injury in 1 or more of the following ways:

1. Directly experiencing the traumatic event(s).
2. Witnessing in person the event as it occurred to others.
3. Learning that the traumatic event happened to a close family member or close friend.  
If actual or threatened death, the event was violent or accidental.
4. Experiencing extreme or repeated exposure to unpleasant stimuli that induced changes in behavior (e.g., first responders collecting human remains, repeated exposure to child abuse, etc.) Note: Criterion A4 also applies to exposure through television, movies, electronic media, or pictures only when work-related.

The criteria to meet the diagnosis of PTSD on page 2 of 2 of the checklist.:

Criteria B: Presence of intrusive symptoms in 1 or more of the following:

# 1-5 — You need 1 of your answers to score Moderately, Quite a Bit, or Extremely.

Criteria C: Persistent avoidance of stimuli in 1 or both of the following:

# 6-7 — You need 1 of your answers to score Moderately, Quite a Bit, or Extremely.

Criteria D: Negative changes in thoughts and mood in 2 or more of the following:

# 8-14 — You need 2 of your answers to score Moderately, Quite a Bit, or Extremely.

Criteria E: Marked changes in reactivity and arousal in 2 or more of the following:

# 15-20 — You need 2 of your answers to score Moderately, Quite a Bit, or Extremely.

In addition,

Criteria F: Criteria B, C, D, and E intrusions must last more than one month.

Criteria G: Your disturbances cause significant distress and harm in social, occupational, or other important areas of your life.

Criteria H: Your disturbances are not caused by physical effects of substances (e.g., medication, alcohol, drugs) or another medical condition.



## OPTIONS FOR YOUR NEXT STEPS

Whether or not you meet the exact clinical criteria for a diagnosis or PTSD or you come close, you will benefit from the education, exercises, and methods used in traditional trauma informed therapy and / or the **Essential Mastery** course and membership support group. I recommend that you read *Climbing Out of the PTSD Hole*. [Click here.](#)

I want to assure you that targeted help is available. My mission is to help professional women who have been traumatized, feel overwhelmed, anxious, triggered, and reactive to heal from their traumas and STEP UP into their GLORY by achieving excellent health on all levels (spiritual, mental, subconscious, emotional, relationships, and physical body).

I created an online course called **Essential Mastery** that is designed specifically to help people with PTSD and symptoms of PTSD. I provide ancient wisdom and techniques combined with trauma informed and cutting edge technology to help you as quickly as possible ditch your traumas and triggers to gain mastery on all levels of your being. You will go at your own pace and gain the benefits that reflect your willingness and discipline to apply what you learn.

The accompanying **Essential Mastery** membership is a fellowship of like-minded women who have gone through many of the same things that you have. In their individual states of development, some may be further along than you. You can learn from them. You may be further along in some ways than others and can help inspire them.

You will be provided with my expertise and guidance through videos, transcripts, guided meditations that I call Transcendent Spiritual Exercises, weekly LIVE events with me, a membership program with peers support anytime day or night, opportunities to be heard and validated and make new friends who understand and will take this healing journey with you.

You will learn to:

1. Identify your symptoms
2. Commit to recovery
3. Feel your emotions
4. Share your stories
5. Support others in your recovery
6. Practice new thoughts & strategies
7. Practice healthy communication skills
8. Practice setting healthy boundaries
9. Say NO when needed to protect your boundaries, sanity, and healthy lifestyle

# SMART GOALS

PLAN YOUR NEXT STEPS IN THE NEXT WEEK & MONTH.  
USE THE QUESTIONS BELOW TO CREATE SMART GOALS.  
MAKE SURE YOU FOLLOW THE SMART STRUCTURE.

S	<u>SPECIFIC</u> WHAT DO I WANT TO ACCOMPLISH?	
M	<u>MEASURABLE</u> HOW WILL I KNOW IT'S ACCOMPLISHED?	
A	<u>ACHIEVABLE</u> HOW CAN THE GOAL BE ACCOMPLISHED?	
R	<u>RELEVANT</u> DOES THIS SEEM WORTHWHILE?	
T	<u>TIME BOUND</u> WHEN WILL I ACCOMPLISH THIS?	



## Websites

[marciadiane.com](http://marciadiane.com)

[marciadiane.com/blog](http://marciadiane.com/blog)

[youtube.com/@marciadiane\\_counselor  
\\_author/videos](https://youtube.com/@marciadiane_counselor_author/videos)

[app.essential-mastery-transformation.com](http://app.essential-mastery-transformation.com)

## Email

[admin@essential-mastery.com](mailto:admin@essential-mastery.com)

## Disclaimer

There is no magic wand to instantly cure what ails you forever. We provide ancient wisdom and techniques combined with modern cutting edge technology and trauma informed therapeutic tools to help you eliminate your trauma reactions and triggers as quickly as possible to gain emotional and spiritual mastery, peace, and happiness. You will go at your own pace and gain benefits that reflect your willingness and discipline.

**Continue seeing your doctor,  
psychiatrist, or psychotherapist  
for pre-existing conditions.**

## Meet Marcia Diane

A lifelong spiritual student & teacher, mother & grandmother, licensed professional mental health & addictions counselor, author, & artist. For decades, Marcia taught classes on advanced spirituality, led workshops, & helped thousands of people heal from trauma, abuse, addiction, & mental illness using traditional, creative, & spiritual technologies, including meditation, hypnosis, & Quantum Healing Hypnosis Therapy (QHHT).

## Essential Mastery is a powerful program designed to super-charge your personal transformation.

Have you survived trauma, toxic relationships, & are tired of hurting, struggling, being controlled, or neglected? Do you feel unworthy, not good enough, anxious, barely holding on? Have you lost your voice? You deserve more! Help is on the way!!!

**Essential Mastery** is designed to help you gain more happiness, confidence, & mastery of your thoughts, emotions & actions. Women who have worked this program achieve much greater peace, more love & success in their relationships, & a profound connection to God / the universe.

## Books

*Thriving in Unprecedented Times, How to Resolve Karma Using Timeless Techniques*

Click for [paperback](#) or [Kindle](#)

*Climbing Out of the PTSD Hole*

Click for [FREE Paperback](#)

*21 Ascended Masters, Messages for God Seekers*

No paperback version. Click for [Kindle](#)

*Awaken & Love It* plus 18 power meditation books based on ancient Kabbalah technology ([Kindle](#))

All books are available on [marciadiane.com/books](http://marciadiane.com/books) & are sold on [Amazon.com](http://Amazon.com)