

## Trauma Symptom Checklist

**Put a check next to the applicable symptoms**

### **PHYSICAL REACTIONS:**

- aches and pains like headaches, backaches, stomach aches
- sudden sweating and/or heart palpitations (fluttering)
- changes in sleep patterns, appetite, interest in sex
- constipation or diarrhea
- easily startled by noises or unexpected touch .
- more susceptible to colds and illnesses

### **EMOTIONAL REACTIONS:**

- shock and disbelief
- fear and/or anxiety
- grief
- disorientation
- denial . hyper-alertness or hypervigilance
- irritability and/or restlessness
- outbursts of anger or rage
- emotional swings .. like crying and then laughing
- worrying or ruminating - intrusive thoughts of the trauma
- nightmares
- flashbacks .. feeling like the trauma is happening now
- feelings of helplessness
- feelings of panic or feeling out of control
- increased need to control everyday experiences
- minimizing the experience
- attempts to avoid anything associated with trauma
- tendency to isolate oneself
- feelings of detachment
- concern over burdening others with problems
- emotional numbing
- restricted range of feelings
- difficulty trusting and/or feelings of betrayal
- difficulty concentrating or remembering
- increased use of alcohol or drugs and/or overeating
- feelings of self-blame
- survivor guilt
- shame
- diminished interest in everyday activities
- depression
- unpleasant past memories resurfacing
- loss of a sense of order or fairness in the world
- expectation of doom and fear of the future

Adapted from The Trauma Response Copyright 1989 Patti Levin. Psy.D.