Signs of Post Traumatic Stress Disorder (PTSD)

• Efforts to avoid thoughts, feelings, or conversations associated with the trauma
• Efforts to avoid activities, places or people that arouse recollection of the trauma
• Inability to recall an important aspect of the trauma
• Markedly diminished interest or participation in significant activities
• Feeling of detachment or estrangement from others
• Restricted range of affect (e.g., unable to have loving feelings)
• Sense of foreshorten future (e.g., does not expect to have a career, marriage, children, or normal life span)
• Difficulty falling or staying asleep
• Irritability or outbursts of anger
• Difficulty concentrating
• Hypervigilance
• Exaggerated startle response
• Flashbacks