

COMMON TRAUMA REACTIONS IN ADULTS

Fill in all applicable choices.

Were you exposed to an event(s) that involved actual or threatened death/serious injury OR a threat to the physical safety of yourself/another?

Yes

No

Did your response to the event(s) involve intense fear, helplessness, or horror?

Yes

No

BEHAVIORAL

- easily startled
- jumpy
- on edge
- over-alert to danger
- detached or withdrawn
- fearful or nervous
- anger outbursts
- irritability
- sleep disturbances
- avoiding thinking about trauma
- avoiding people, places, activities, feelings, conversations associated with traumatic event(s)

MENTAL & EMOTIONAL

- difficulty experiencing emotion
- mentally shut down
- emotionally shut down
- guilty or shameful
- difficulty concentrating
- sad or angry
- flashbacks
- nightmares
- disturbing memories or images

SOCIAL

- wanting to isolate from others
- avoiding social interactions
- feeling not understood by others
- strained relationships
- strengthened relationships
- anxiety being with others

PHYSICAL

- shallow breathing
- muscle tension
- headaches
- nausea
- hot or cold sweats
- vomiting or diarrhea
- trembling
- fatigue