

TRAUMA CHECKLIST

Intrusive Symptoms:

- Are you having nightmares?
- Are you experiencing flashback or re-living the trauma over and over?
- Are you having intrusive memories or unpleasant daydreams?

Arousal Symptoms:

- Are you feeling startled easily or feeling jumpy?
- Are you having problems with concentration or sleep?
- Are you experiencing irritable behavior, feeling tense or on edge?

Avoidance Symptoms:

- Are you isolating from people?
- Are you avoiding places or things that remind you of the event?
- Are you feeling detached from oneself or from the world?

Thoughts or Mood Symptoms:

- Do you have negative thoughts about yourself?
- Are you experiencing persistent negative emotions such as shame, guilt, or worry?
- Are you feeling numb or unable to experience positive emotions?

If you are experiencing any of the symptoms listed above, please contact the medical provider of your choice or call The Hope Line at 832-831-7337. The Hope Line is open daily from 5 pm - 8 pm.