

Highlight each statement that describes your reaction to a traumatic event.

- 1) I have experienced disturbing, repeated, or unwanted memories of a stressful event.
- 2) I have had disturbing and repeated dreams of a stressful event.
- 3) I have suddenly felt like I was reliving a stressful or traumatic event.
- 4) I become highly upset by things that reminds me of a stressful event.
- 5) I have physical reactions to reminders of a traumatic event.
- 6) Sometimes, I avoid recalling the feelings or emotions surrounding a traumatic event.
- 7) I'll often avoid reminders of the event.
- 8) I have trouble recalling the critical details of a traumatic event.
- 9) People frequently describe me as negative.
- 10) Secretly, I blame myself or loved ones for the event or its aftermath.
- 11) I've felt horror, shame, or anger about the traumatic event.
- 12) I have you lost interest in previously enjoyed activities.
- 13) Sometimes, I feel detached from others.
- 14) I'm prone to have emotional outbursts.
- 15) I engage in risky behaviors.
- 16) I have a low opinion of myself or your loved ones.
- 17) Usually, I just expect the worst outcomes.
- 18) I'm startled easily.
- 19) I struggle with staying focused.
- 20) My sleep patterns are usually "off."

YOUR SELF-ASSESSMENT SCORE

Each highlighted answer = 1 point

- 0-5 points: Low level of symptoms; may not indicate complex post-traumatic stress disorder (C-PTSD).
- 6-10 points: Mild symptoms; consider monitoring and seeking professional advice
- 11-15 points: Moderate level of symptoms; seeking professional help is recommended.
- 16-20 points: High level of symptoms; professional evaluation and possible intervention are likely needed..