

# QUIZ: DO I HAVE PTSD SYMPTOMS?



☐ I relive my trauma through flashbacks/nightmares.

☐ I avoid people/places that remind me of what happened.

☐ I'm on edge, easily startled, or hyperaware of everything.

☐ I feel guilt or shame about the traumatic event.

☐ I have self-isolated or become withdrawn.

☐ I have trouble sleeping or staying asleep.

☐ I sometimes take risks, like drinking and driving.

☐ I have sudden mood swings or feel irritable often.

☐ I can't trust or rely on other people.

☐ I no longer feel safe doing activities I used to enjoy.

***The more boxes you've checked, the more likely you need help processing your trauma. Connect with us today for a professional evaluation.***

***CatalinaBehavioralHealth.com | 520.999.2560***