



Trauma Reactions, Thoughts, and Emotions Checklist

Mark "Yes" or "No" To All That Apply	YES	NO
1. Feeling anxious		
2. Feeling fearful		
3. Having unwanted repetitive thoughts		
4. Experiencing nightmares or night terrors		
5. Feeling impatient		
6. Feeling the need to watch out for danger all of the time		
7. Feeling angry or irritable		
8. Having guilt and/or shame		
9. Feelings of hopelessness and helplessness		
10. Avoiding people, places and things		
11. Having a negative self-image and world view		
12. Lack of interest in intimacy or sexual relationships		
13. Using alcohol or other substances		
14. Having the thought that you should have done something differently		
15. Not being able to trust anyone		
16. Having the thought that your future dreams won't come true		
17. Wanting to separate from family, coworkers, and friends		
18. Headaches or other physical symptoms		
19. Trouble sleeping or sleeping too much		
20. Isolating yourself		
21. Raised blood pressure, increased heart rate, and sweating		
22. Feeling dizzy and/or faint		
23. Racing thoughts		
24. Brain fog		
25. Unexplained aches and pains		
26. Feelings of confusion		
27. Numbing out		
28. Shock and disbelief		