

Self-Look at PTSD



Instructions: Below is a list of problems and complaints that people sometimes have in response to stressful life experiences. Please read each one carefully, and indicate how much you've been bothered by that problem **in the past month**.

1. Repeated, disturbing memories, thoughts, or images of a stressful experience from the past?

Never Rarely Sometimes Often Very Often

2. Feeling very upset when something reminded you of a stressful experience from the past?

Never Rarely Sometimes Often Very Often

3. Avoid activities or situations because they remind you of a stressful experience from the past?

Never Rarely Sometimes Often Very Often

4. Feeling distant or cut off from other people?

Never Rarely Sometimes Often Very Often

5. Feeling irritable or having angry outbursts?

Never Rarely Sometimes Often Very Often

6. Having difficulty concentrating?

Never Rarely Sometimes Often Very Often

Call Phoenix Associates, Inc. at 260.424.0411 to discuss your results.