



Ann Payton

The PTSD Trauma Checklist

How much is PTSD and Trauma affecting you?

www.annpayton.com

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Trauma...one size doesn't fit all

WHAT CAN IT LOOK LIKE?



Trauma experiences come in all shapes and sizes and can differ for everyone. What is traumatizing to me may not be to you.

Experiences that may be traumatic:

- Physical, sexual, and emotional abuse
- Child neglect
- Living with a family member with mental health or substance use disorders
- Sudden unexplained separation from a loved one
- Poverty
- Racism, discrimination, and oppression
- Violence in the community, war, or terrorism



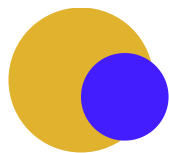
PTSD TRAUMA Checklist

WHICH OF THESE APPLY TO YOU?

- *I think about my trauma often.*
- *I have nightmares about my trauma.*
- *I have flashbacks.*
- *I feel emotionally numb.*
- *I am irritable and have outbursts of anger.*
- *I can't read books or watch movies that include similar traumatic events.*
- *I have lost interest in things I used to enjoy.*
- *I have times of anxiety and panic attacks that come randomly.*
- *I have feelings of guilt or blame. I could have prevented it, or I may have caused it.*
- *I want to numb my feelings with self-destructive behaviors.*
- *I have trouble falling asleep or staying asleep.*
- *I feel jumpy, and I am easily startled.*

How often are you thinking about trauma (or NOT?) How does it come up for you? Do you struggle to finish movies or books? Do you have this heavy feeling and not sure where it's coming from?

The effects of trauma may be showing up in your daily life more than you realize.



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LEARN MORE:

Assess Yourself

Complete the assessment below by giving a score for each item.

Responses: 1-Not at all, 2-Occasionally, 3-Some days, 4-Most days, 5-Every day

Question	Not at All= put a 1 in this column	Occasionally= put a 2 in this column	Some days, put a 3 in this column	Most days, put a 4 in this column	Everyday=put a 5 in this column	Total As you go down the list
I think about my trauma often.						
I have nightmares about my trauma.						
I have flashbacks.						
I feel emotionally numb.						
I am irritable and have outbursts of anger.						
I can't read books or watch movies that include similar traumatic events.						
I have lost interest in things I used to enjoy.						
I have times of anxiety and panic attacks that come randomly.						
I have feelings of guilt or blame. I could have prevented it, or I may have caused it.						

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Assess Yourself

Complete the assessment below by giving a score for each item.

Responses: 1-Not at all, 2-Occasionally, 3-Some days, 4-Most days, 5-Every day

Continued...

I want to numb my feelings with self-destructive behaviors.						
I have trouble falling asleep or staying asleep.						
I feel jumpy, and I am easily startled.						
Add up your points in each Column put that number in this row.						Total Score: add each total in this row.

Scoring your results:

If you scored between 12 and 27, Continue to monitor your thoughts and feelings. You may want to speak to a counselor or coach if things change.

If you scored between 28 and 39, You may be experiencing a mild form of post-traumatic stress disorder. You might find it helpful to speak to a counselor, coach, or general health professional.

If you scored between 40 and 60, You may be experiencing post-traumatic stress disorder. You might find it helpful to speak to your general practitioner or a mental health professional about how you're Feeling.

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Talk to Ann

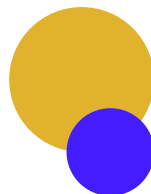
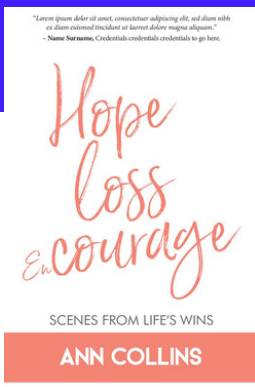
Ann Payton knows how to overcome loss and heal from adversity. She wants to help you come through trauma and is currently offering a free consultation call. You'll get to:

- Share your challenges
- Talk over your assessment
- Get recommendations and options to help you break through your PTSD and trauma experiences.

Book your call at:

www.annpayton.com

Ann is an author, speaker, and Trauma Expert helping women heal from trauma.



Contact Ann

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