



Hope Recovery
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Brief Checklist of Trauma Symptoms

Check the symptoms below that you experience. Include symptoms you have even if you are not sure they are related to a traumatic event.

Emotional Symptoms

- Alcohol, drug, or other substance use problems to avoid thoughts or feelings of trauma
- Am always "on guard"
- Am irritable and have problems with my anger
- Am jumpy and get startled or surprised easily
- Anxiety or worry
- Avoid people, places, or activities that remind me of the event
- Avoid thoughts, feelings, or talking about things that remind me of the event
- Behave or feel as if the event were happening all over again (this is known as having flashbacks)
- Depression or feeling down
- Eating changes or disorders to deal with trauma memories
- Feel detached from people; find it hard to trust people
- Feel emotionally "numb" or find it hard to have loving feelings even toward those who are emotionally close to me
- Feeling hopeless
- Have a hard time falling or staying asleep
- Have a hard time focusing or concentrating
- Have a lot of physical sensations when I am reminded of the event (for example, my heart races or pounds, sweat, find it hard to breathe, feel faint, feel like I'm going to lose control)
- Have a lot of strong or intense feelings when I am reminded of the event
- Have bad dreams or nightmares about the event or something similar to it
- Have lost interest in, or just don't do, things that used to be important to me
- Have trouble remembering some important part of the event
- Panic attacks
- Use self-destructive behaviors to cope

I experience these medical problems:

- Chronic pain
- Gynecological (female) problems
- Headaches
- Intestinal (bowel) problems
- Lack of energy; feel tired all the time
- Pain, for example, in back, neck, or pelvic area
- Skin rashes and other skin problems
- Stomach problems
- Weight gain or loss

If you checked off any of the symptoms above, it is important for you to let your health care provider know. This information helps your provider assess and plan your treatment. It can also help them connect you with services you may need that they do not provide.