

Common Signs and Symptoms of Trauma

Your body's reaction

- ◆ Tremors, racing heart, dry mouth, sweating, indigestion
- ◆ Difficulty falling or staying asleep, change in sleep patterns, bad dreams, nightmares
- ◆ Tiredness, lack of energy and drive
- ◆ Change / loss of appetite
- ◆ Hyperventilation, shallow breathing, dizziness
- ◆ Headaches, muscle aches
- ◆ Chest pains
- ◆ Hyper vigilance (On guard and constantly alert)
- ◆ Exaggerated startle response (Jumpy & startle easily at sudden noise).

Your behavior

- ◆ Social withdrawal
- ◆ Tendency to avoid anything related to the event
- ◆ Increased use of chemical substances and alcohol
- ◆ Tearfulness

Your feelings

- ◆ Extreme vulnerability
- ◆ Panic when memory of event is triggered
- ◆ Need to talk about the event / or not talk about the event
- ◆ Insecure, frightened, suspicious
- ◆ Violated
- ◆ Exploited
- ◆ Helpless, powerless
- ◆ Out of control
- ◆ Self-doubt
- ◆ Anger

Your thoughts

- ◆ Flashbacks
- ◆ Preoccupation with recurring memories and thoughts about the event
- ◆ Poor problem solving
- ◆ Poor concentration, absentmindedness

