# COMMON REACTIONS TO TRAUMA

**Reminders of What Happened**

I think about what happened when I don’t want to.

I have dreams about what happened.

I sometimes feel like it is happening again, right now.

I get really upset when something reminds me of it.

My heart pounds and I sweat when something reminds me of it.

**Avoiding Reminders**

I try to avoid anything and anybody that reminds me of what happened.

I can’t even remember everything that happened.

I have lost interest in doing things or enjoying things.

I don’t feel attached to other people anymore.

I don’t feel stuff anymore. I just can’t seem to feel my emotions.

I don’t think my future is worth much.

**Wound Up/Jumpy**

I have problems falling asleep and/or I wake up in the middle of the night.

I get angry or frustrated really easy.

I have trouble concentrating. My mind wanders a lot.

I’m super alert, always on guard.

I get spooked easily, like when someone sneaks up on me or I hear a loud noise.

**Mental Shutdown**

People tell me I space out a lot.

I often feel like I am in a dream or just part of a movie, play, or story.

I feel like I am watching my life happen.

I don’t really know who I am.

**Trying to Feel in Control**

I drink or take drugs to deal with the memories or my problems.

I refuse to do what grown-ups tell me to do because I don’t want them controlling me.

I control my weight by skipping meals, making myself throw-up or exercising a lot.

I eat to feel better emotionally.

**Risk Taking or Self-Harm**

I do dangerous things to feel alive or tempt fate.

I know I hang out with dangerous people. I put myself in unsafe situations.

I get relief by cutting, punching, pulling my hair or hurting myself some other way.

**Hopelessness/Guilt**

I think about dying as a way to get relief from the feelings and/or memories.

I feel like I am a bad person.

I feel dirty inside.

I feel like people will reject me if they know what happened.

I feel like everything’s my fault, even when people tell me that it is not.

I feel like things are never going to get better.

**Relationship Problems**

It is easier to think about and focus on other people’s lives.

I’m different from everyone around me.

No one can understand what I’ve been through.

I cannot trust anyone. Everyone lets you down sooner or later.

People only want to be around me because of what they can get from me.

**Physical Problems**

I hurt all of the time. I am always tired.

I never feel good or have any energy.

I have a headache all the time.