**POST-TRAUMATIC STRESS DISORDER SELF-aSSESSMENT**

**If you answer “yes” to 1 or more of these statements it may be beneficial for you to schedule an appointment with an OTC counselor and to utilize our community resources that we have included in the links below.**

Have you been experiencing these symptoms?

Re-experiencing symptoms: Re-experiencing symptoms may cause problems in a person’s everyday routine. Words, objects, or situations that are reminders of the event can also trigger re-experiencing symptoms.

1. Flashbacks—reliving the trauma over and over, including physical symptoms like a racing heart or sweating
2. Bad dreams
3. Frightening thoughts
4. Staying away from places, events, or objects that are reminders of the experience
5. Avoiding thoughts or feelings related to the traumatic event
6. Being easily startled
7. Feeling tense or “on edge”
8. Having difficulty sleeping, and/or having angry outbursts.
9. Trouble remembering key features of the traumatic event
10. Negative thoughts about oneself or the world
11. Feelings like guilt or blame
12. Arousal and reactivity symptoms: Arousal symptoms are usually constant, instead of being triggered by something that brings back memories of the traumatic event. They can make the person feel stressed and angry. These symptoms may make it hard to do daily tasks, such as sleeping, eating, or concentrating.

<https://students.otc.edu/counselingservices/appointment-request/>

<https://students.otc.edu/counselingservices/community-referral-guides/>