



## Two Part PTSD Self-Assessment Test

Use this two-part PTSD test to help determine if you are experiencing PTSD symptoms and whether it is time for you to seek the help of a mental health professional for proper diagnosis. Complete Part 1 of the test by clicking the "true" or "false" box next to each question. Complete Part 2 of the test by marking the box next to each symptom you're experiencing.

### **PART 1:**

Have you experienced or been exposed to a traumatic event?

True                      False

During the traumatic event, did you experience serious injury or witnessed someone's death, or perhaps the threat of injury or death?

True                      False

During the traumatic event did you feel intense fear, helplessness, and/or horror?

True                      False

Do you regularly experience intrusive thoughts or images about the traumatic event?

True                      False

Do you sometimes feel like you are re-living the event or that it is happening all over again?

True                      False

Do you have recurrent nightmares or distressing dreams about the traumatic event?

True                      False

Do you feel intense distress when something reminds you of the traumatic event, whether it's something you think about or something in you see?

True                      False

Do you try to avoid thoughts, feelings, or conversations that remind you of the traumatic event?

True                      False

Do you try to avoid activities, people, or places that remind you of the traumatic event?

True                      False

Are you unable to remember something important about the traumatic event?

True                      False

Since the trauma took place, do you feel less interested in activities or hobbies that you once enjoyed?

True                      False

Since the trauma took place, do you feel distant from other people or have difficulty trusting them?

True                      False

Since the trauma took place, do you have difficulty experiencing or showing emotions?

True                      False

Do you feel that your future will not be "normal" -- that you won't have a career, marriage, children, or a normal life span?

True                      False

Since the traumatic event, have you had difficulty falling or staying asleep?

True                      False

Have you felt irritable or have you had outbursts of anger?

True                      False

Have you had difficulty concentrating, since the trauma?

True

False

Do you feel guilty because others died or were hurt during the traumatic event but you survived it?

True

False

Do you often feel jumpy or startle easily?

True

False

Do you often feel hypervigilant, that is, are you constantly feeling and acting ready for any kind of threat?

True

False

Have you been experiencing symptoms for more than one month?

True

False

Do your symptoms interfere with normal routines, work or school, or social activities?

True

False

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## **PART 2:**

### **Re-experiencing Symptoms:**

Memories and images of the traumatic events often intrude into the minds of those with PTSD. They happen suddenly and without obvious cause, and they are often accompanied by intense emotions, such as grief, guilt, shame, fear, or anger. Sometimes they can be so vivid a person believes the trauma is actually reoccurring, and can cause a person to dissociate.

Nightmares, Night Terrors

Sleepwalking, Sleep Fighting

Unwanted Daytime Memories, Images, Thoughts, Daydreams

Flashbacks, Feeling Like You're Reliving the Traumatic Event

Somatic Flashbacks (Physical Pain / Medical Condition Linked to the Feeling or Bodily States Associated with the Traumatic Event)

Fixated on War Experience, Living the Past

Spontaneous Psychotic Episodes (the World Vanishes and you're Suddenly Somewhere Else, Experiencing Some Sort of Trauma)

Panic Attacks, Undefined Dread or Fear

Phobias

### **Avoidance Symptoms:**

People who have suffered trauma attempt to avoid situations, people, events, and even objects that remind them of the event. They feel numb, emotionless, withdrawing into themselves trying to keep the painful memories and feelings out of their system.

Friends, family, and loved ones feel rejected, as they are unable to show appropriate affection and emotion.

Avoiding anyone or anything that reminds you of the traumatic event

Physical/emotional reaction to things that remind you of the traumatic event

Self-isolating, dread or social interaction

Anxiety in crowds, traffic

Despair, depression, sadness, emptiness, loneliness

Inability to trust others

Very reluctant to talk about your traumatic event

Lack of interest or motivation regarding employment, recreation, former hobbies, sex, exercise

Relationships that were once close and even intimate are now strained, cold, distant, requiring too much energy to maintain

Emotional numbness, flat, can't get happy or sad, 'dead inside'

Substance abuse to 'numb' yourself (drug, alcohol, food)

Suicidal thoughts

Suicide attempts

Physical fatigue

Neglect/abandon personal care, hygiene, nutrition, exercise