

# Checklist of child's difficulties

## (Chapter 3)

### 1) Intrusive Memories

Having nightmares (including bad dreams which are not directly related to the event(s))

Re-experiencing sensations (images, smells, sounds, tastes, touches) related to the events

Flashbacks – acting or feeling as if it is happening again

Having thoughts about the events that intrude into their minds or keep going round and round

Repeatedly playing out or drawing particular parts of the events, or themes related to them

Suddenly or repeatedly talking about the traumatic events

Experiencing intense reactions to reminders

### 2) Avoidance

Trying not to talk about the events

Trying to avoid people, activities or places that might remind them or make them think about the events

Being reluctant to go to bed or sleep

Keeping their minds busy with other things

### 3) Physiological Arousal

- Having difficulties in going to sleep or staying asleep
- Having night terrors (see description above)
- Sleepwalking
- Being irritable, losing temper easily, being angry or violent
- Being jumpy, or easily startled
- Freezing in response to perceived threats
- Being hypervigilant or having concentration problems
- Being overly sensitive to sensory stimulation

### 4) Anxiety

- Being reluctant to leave carers or clingy
- Having new fears
- Feeling panicky
- Losing confidence
- Feeling generally worried
- Having obsessions and compulsions; having to check that they have done certain things
- Suffering from headaches, tummy aches, or other physical symptoms
- Having a change in appetite

## 5) Dissociation – Feeling numb and disconnected

- Appearing spaced out or in a daze
- Forgetting things easily
- Not remembering what they were doing for periods of time
- Losing track of time
- Feeling detached from themselves (e.g. referring to themselves as 'he' or 'she')
- Daydreaming
- Blanking out when stressed
- Feeling emotionally numb and disconnected (i.e. seeming flat or as if they don't have the normal range of emotions)

## 6) Other changes in thoughts and feelings

- Having inaccurate thoughts about consequences of the events
- Developing omen formations (i.e. thinking they knew it was going to happen)
- Feeling very sad, much of the time
- Finding it difficult to enjoy anything
- Feeling distant or cut-off from others
- Lacking motivation to do things, even things they used to enjoy
- Seeing everything in a very negative way
- Wanting to die

## 7) Other reactions

Feeling guilty

Regressing (i.e. losing some developmental skills that they had mastered)

Parentification

Amnesia – being unable to remember significant parts of the event

Taking longer for emotions to pass

Having problems at school

Taking risks

Deliberately hurting themselves

**TOTAL**