

## Checklist for stressor- or trauma-related reactions

<b>TYPE OF REACTIONS</b>	<b>FREQUENCY</b>		
<b>Re-experiencing the event</b>	<b>Never</b>	<b>Sometimes</b>	<b>Often</b>
Unwanted thoughts or images			
Dreams			
Flashbacks			
Intense emotional distress			
Reactions to reminders			
<b>Avoidance reactions</b>	<b>Never</b>	<b>Sometimes</b>	<b>Often</b>
Avoiding thoughts, feelings or conversation about the event			
Avoiding people, places or activities that retrigger event			
<b>Changes in mood and thought</b>	<b>Never</b>	<b>Sometimes</b>	<b>Often</b>
Difficulty remembering important aspects of the event			
Negative beliefs about yourself, others or the world			

Ruminations about the cause or consequence of the event			
Lingering feelings of low mood			
Loss of interest in activities			
Feeling distant and detached			
Inability to feel positive			
<b>Hyperarousal reactions</b>	<b>Never</b>	<b>Sometimes</b>	<b>Often</b>
Irritability or angry outbursts			
Reckless or self-destructive behaviour			
Feeling overalert and watchful			
Startle in response to sudden movement or noise			
Concentration problems			
Sleeping difficulties			