



The Posttraumatic Stress Survey

When stressful experiences involves death, serious injury or violence against you or someone dear to you, they are traumatic. These experiences can sometimes cause problems long after the moment has passed. Please consider each question and answer “yes” or “no”.

The traumatic event you experienced was _____.

Questions	Yes	No
Do you find yourself thinking about and/or reliving the experience (in dreams, memories, flashbacks, strong emotions)?		
Do you find yourself avoiding things that remind you of the experience, such as people, places, conversations, objects, activities or situations?		
Do you have more pessimistic feelings than before (for example: “I am a bad person, no one can be trusted, the world is a completely dangerous place”)?		
Do you blame yourself (or someone else) for your negative experience?		
Do you not “feel like yourself”? Have you stopped doing the things you used to enjoy?		
Do you take unnecessary risks that may result in harm to you?		
Do you feel jumpy, paranoid or on guard?		
Do you have trouble sleeping, staying awake or concentrating during the day?		

Please note: This is **not a formal diagnostic tool** but can be a useful conversation starter with your doctor or therapist. Feel free to print this out and bring it to your next appointment.