

Posttraumatic Stress Disorder (PTSD)

is about how your mind & body react to **Trauma**

A trauma is a very scary event or events that a person experiences. The person is hurt or is a witness to others being hurt

Examples of trauma are: Sexual abuse, physical abuse, seeing someone in your family get hurt, witnessing a bad car accident, etc. Soldiers often develop PTSD after being in a war.

<u>Re-Experiencing</u>	<u>Hyper-Arousal</u>	<u>Avoidance</u>	<u>Body Memories</u>
<p>Nightmares: You may have a re-occurring dream or different dreams in which you are in danger. You may dream about the person who hurt you, or about what happened.</p> <p>Flashbacks: Feels like the abuse or the traumatic event is happening all over again. Pictures in your head, big upsetting feelings, smells, sounds, sights. Or, the pictures are fuzzy but the feelings are intense. It can feel like you're watching a video, or like it's really happening right now, or something in-between.</p> <p>Intrusive Memories: All of a sudden you think of the trauma. It happens a lot and it's upsetting.</p> <p>Sexualized Thoughts: Think a lot about sex. Promiscuous. Little kids act out sex stuff with dolls.</p>	<p>Feel "On Guard" Startle Easily Feel Nervous A lot Feel Scared A lot Feel Irritable Feel on Edge Feel Stressed Out Anger Easily Don't Feel Safe "Jumpy" Worry A lot Trouble Sleeping Experience Panic Attacks Difficulties Falling Asleep Dizzy Heart Races</p>	<p>Space out A lot</p> <ul style="list-style-type: none"> • Think of nothing • Fantasy world • Go to another place <p>Feel Numb</p> <ul style="list-style-type: none"> • Avoid feelings • Don't experience much feeling <p>Avoid Things That Remind You of the Trauma</p> <ul style="list-style-type: none"> • Talking about it • Saying someone's name • Places that remind you • People that remind you <p>Avoid Life</p> <ul style="list-style-type: none"> • Sleep A lot • Withdraw • Sexuality 	<p>Your Body Remembers the trauma through your senses.</p> <p>You may be triggered by something you</p> <p>See Smell Taste Hear Touch</p> <p>A Trigger is something that reminds you of the trauma.</p> <p>When your body is triggered, you may begin to re-experience the trauma in some way.</p>

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