

TRAUMA CHECKLIST

For any assistance 24/7 call
the National Support Centre:



0860 72 22 72
(Toll-free SA)

Here is a list of symptoms that some people may experience after a trauma. **SCORE YOURSELF OUT OF TEN** for each of the symptoms listed below, over the next two weeks.

1) I have symptoms of re-experiencing or re-living the traumatic event:

	RATE YOURSELF TODAY	A FEW DAYS LATER	A WEEK LATER	2 WEEKS LATER
Bad dreams or nightmares about the event or something similar				
Behaving or feeling as if the event were actually happening all over again (this is known as having flashbacks)				
Having a lot of emotional feelings when I am reminded of the event				
Having a lot of physical sensations when I am reminded of the event (e.g., my heart races or pounds, I sweat, find it hard to breathe, feel faint, feel like I'm going to lose control)				

2) I have symptoms of avoiding reminders of the traumatic event:

Avoiding thoughts, conversations, or feelings that remind me about the event				
Avoiding people, places, or activities that remind me of the event				
Having difficulty remembering some important part of the event				

3) I have noticed that since the event happened:

I have lost interest in, or just don't do, things that used to be important to me				
I feel detached from people; I find it hard to trust people				
I feel emotionally "numb" and I find it hard to have loving feelings even toward those who are emotionally close to me				
I have a hard time falling or staying asleep				
I am irritable and have problems with my anger				
I have a hard time concentrating				
I think I may not live very long and feel there's no point in planning for the future				
I am jumpy and get startled easily				
I am always "on guard"				

4) Physical Symptoms

Headaches				
Upset Stomach				

Should your scores not improve, or get worse,
please seek assistance from a counsellor at LifeAssist.

SCORE OUT OF **10**

