



“your Worlds Perspective in Balance”

INSIGHT WELLBEING

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Post-Trauma Checklist (PTCL-5)

Below is the list of problems people sometimes have in response to a very stressful experience. Please read each problem carefully and then circle one of the numbers to the right, to indicate how much you have been bothered by the problem in the past month.

In the past month have much have you been bothered by:	Not at all	A little bit	Moderately	Quite a bit	Extremely
1. Repeated/Disturbing and unwanted memories of the stressful experience.	1	2	3	4	5
2. Repeated/Disturbing dreams of the stressful experience.	1	2	3	4	5
3. Suddenly feeling or acting as if the stressful experience were actually happening again. <i>(as if you were reliving it).</i>	1	2	3	4	5
4. Feeling very upset when something reminds you of the stressful experience.	1	2	3	4	5
5. Having strong physical reactions when something reminds you of the stressful experience <i>(For example heart pounding, trouble breathing, sweating).</i>	1	2	3	4	5
6. Avoiding external reminders of the stressful experience <i>(For example, people, places, conversations, activities, objects or situations).</i>	1	2	3	4	5
7. Avoiding memories, thoughts or feelings related to the stressful experience.	2	2	3	4	5
8. Trouble remembering important parts of the stressful experience.	1	2	3	4	5
9. Having strong negative beliefs about yourself, other people or the world <i>(For example, Having thoughts such as: I am bad, there is something seriously wrong with me, no one can be trusted, the world is completely dangerous).</i>	1	2	3	4	5
10. Blaming yourself or someone else for the stressful experience or what happened after it.	1	2	3	4	5
11. Having negative feelings such as fear or horror or anger or guilt or shame.	1	2	3	4	5
12. Loss of interest in activities that you used to enjoy.	1	2	3	4	5
13. Feeling distant or cut off from other people.	1	2	3	4	5
14. Trouble experiencing positive feelings <i>(for example, being unable to feel happy or have loving feelings for people close to you).</i>	1	2	3	4	5
15. Irritable behavior, angry outburst or acting aggressively.	1	2	3	4	5
16. Taking too many risks or doing things that could cause you harm.	1	2	3	4	5
17. Being super alert or watchful or on guard.	1	2	3	4	5
18. Feeling jumpy or easily startled.	1	2	3	4	5
19. Having difficulties concentrating.	1	2	3	4	5
20. Trouble falling or staying asleep.	1	2	3	4	5

Learn to choose the way you feel...