

10 Questions to Help Identify Traumatic Stress Disorder

1. Have you experienced or witnessed an emotionally harmful, violent or life threatening event that caused intense fear, helplessness or horror? Or do you have a sense you experienced something similar but have no memory of it?
2. Is the event re-experienced in repeated distressing memories and/or dreams or feeling that it is happening again in flashbacks?
3. Do you experience intense distress if you are exposed to things that remind you of the event?
4. Do you experience nightmares more than one time per month?
5. Are you losing interest in significant activities in your life, or do you feel detached from others?
6. Are you on edge all the time and do you "snap" at others who mean well and are trying to support?
7. Do you have trouble sleeping or concentrating, and are you experiencing issues with anger, and irritability?
8. Do you feel constantly "on guard" and hyper-vigilant or have an exaggerated startle response to fast movements or loud sounds?
9. Do you have a hard time trusting and letting people in emotionally?
10. During the past year have you abused alcohol or drugs as a way to deal with any of the above?

If you answered yes to two or more of these questions, you may have a problem with Traumatic Stress Disorder and it is likely that you would benefit from therapy or treatment. Traumatic Stress Disorder is treatable and does not need to control your life.

Solutions Treatment Center can help. Call Today for more information.
877-499-1354 or visit our website at www.treatmentsolutions.org