Posttraumatic Stress Reactions/Symptoms

**Depression**
- Disruption in eating patterns
- Disruption in sleeping patterns
- Somatic complaints
- Loss of energy
- Loss of interest in activities
- Helplessness
- Hopelessness
- Suicidal ideation

**Fear**
- Anxiety
- Panic Attacks
- Phobias
- Generalized Fears
- Specific Fears
- Avoidance behaviors
- Triggered reactions

**Flashbacks, Nightmares, Hallucinations**
- Overreactions to current stimuli—being triggered
- Frightening dreams, recurring dreams or themes in dreams
- Hyper arousal
- Avoidance of certain stimuli, numbness

**Rage, Anger**
- Overreactions to certain stimuli
- Hostile approach to life experiences
- Aggressive/anti-social behavior
- Being an abuser
- Reacting as if survival is being threatened (rage)
- Identification with aggressor

**Powerlessness**
- "Victim Stance"
- Revictimization
- Inability to assert one's self

**Low Self-Esteem**
- Loss of identity
- Change in identity
- Behavioral self-blame
- Characterological self-blame
- Stigmatized sense of self
- Feels "different"
- Self-destructive acting out behaviors, including self-mutilation
- Nothing but an empty shell, nothing inside
- Shame
- Loss of trust in self
Numbness
Substance abuse
Blunted affect

Disassociation*
Memory loss (about specific events or periods of one's life)
Perpetrator-victim split
Marked differences between parts of self

Sadness
Prolonged or unexplained bouts of sadness

Impaired Social Functioning
Sexual difficulties
Decreased trust in others
Decreased trust in self in relationships
Inability to be intimate
Need to control others, need to be controlled

*Disassociation= "An alteration of consciousness in which experiences and affects are not integrated into memory awareness." (Putnam, 1985)

For further information, see The Counseling Psychologist, Volume 16, October, 1988 special issue on VICTIMIZATION. Especially the article entitled "Trauma and Victimization: A Model of Psychological Adaption" by McCann, Sakheim, & Abrahamson.