

# ARE YOU EXPERIENCING POSTTRAUMATIC STRESS (PTS)?

## *Do you...*

*...experience unexpectedly disturbing memories of a traumatic event? **Y/N***

*...experience dreams or nightmares related to a traumatic event? **Y/N***

*...become emotionally numb to critical incidents where you feel you shouldn't be? **Y/N***

*...avoid thoughts or feelings associated with a traumatic event? **Y/N***

*...no longer participate in the activities you once enjoyed? **Y/N***

*...find it more difficult to concentrate? **Y/N***

*...find it hard to relax? **Y/N***

*...have a difficult time falling or staying asleep? **Y/N***

*...quick to anger or lash out more than normal? **Y/N***

*...feel that you are having a more difficult time controlling your emotions? **Y/N***

*...use drugs or alcohol as an escape? **Y/N***

*If you have experienced a single, extraordinary event or a series of events that you found very distressing, and if you answered yes to 4 or more questions, you may be experiencing PTS.*

*It is recommended that you seek out a mental health professional to receive a formal evaluation.*

When these conditions remain unresolved over an extended period of time, this condition may lead to Posttraumatic Disorder (PTSD). PTSD is a contributing factor to alcoholism and drug abuse, marital and relationship problems, career problems, feelings of depression and even suicide.

Though PTSD may be debilitating to an individual, with the right help, PTSD may not be a permanent condition and recovery may be possible.

For further information about PTS and recovering from PTSD, please contact SC4I.



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