Ranking Your Trauma Symptoms PTSD Worksheet

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Instructions: Fill out the following chart to the best of your ability, noting your typical trauma-related symptoms, their frequency and duration (how long they typically last). There is no right or wrong answer.

Frequency: 0 = never **1 =** rarely **2 =** often **3 =** very often **4 =** all the time
Duration: **1 =** several seconds **2 =** several minutes **3 =** a few hours **4 =** a day **5 =** several days **6 =** more than a week

Question	Yes	No	Frequency	Duration
Are you jumpy and easily startled?	☑	☐	4	1
Do you have disturbing memories?	☑	☐	2	2
Are you “super alert” or “watchful and guarded“?	☑	☐	3	5
Do you have disturbing thoughts?	☑	☐	2	1
Do you have difficulties concentrating?	☐	☑	0	-
Do you have intense disturbing feelings?	☐	☑	0	-
Are you feeling irritable or angry?	☑	☐	2	3
Do you have repeated disturbing dreams?	☐	☑	0	-
Do you have flashbacks?	☑	☐	1	2
Do you have problems with falling and remaining asleep?	☐	☑	0	-

Are you suddenly acting as if a traumatic experience is happening?	☐	☑	0	-
Do you feel like you don’t have a future?	☑	☐	1	1
Do you have physical solid reactions (heart pounding, trouble breathing)	☑	☐	1	2
Do you feel distant and cut off from other people?	☐	☑	0	-
Are you avoiding thinking or talking about the trauma?	☑	☐	2	6
Do you show a loss of interest in activities that you used to enjoy?	☑	☐	3	5
Do you have problems remembering important parts of the trauma?	☐	☑	0	-
Are you avoiding activities or situations because they remind you of the trauma?	☑	☐	4	6
Are you seeing yourself and others in more negative ways than you did before the trauma?	☑	☐	2	2
Are you taking more risks or doing things that may cause you or others harm?	☐	☑	0	-
Are you blaming yourself or others for the trauma?	☑	☐	2	1
Are you having difficulties experiencing positive feelings?	☑	☐	3	2
Have you hallucinated and are anxious you might again?	☑	☐	1	2
Do you have intrusive thoughts?	☑	☐	3	1
Are you having nightmares?	☐	☑	0	-
Are you emotionally distressed after being exposed to traumatic reminders?	☑	☐	4	5

Are you feeling isolated?	☐	☑	0	-
Are you experiencing depersonalization symptoms?	☐	☑	0	-
Are you experiencing derealization symptoms?	☐	☑	0	-

Reference:

Mandić, T., PhD. (2019). Understand Your Trauma. In *The PTSD Workbook* (p. 8). Between Sessions Resources.