

# Take the Trauma Inventory

Have you experienced a traumatic event which was out of the ordinary realm of experience?

Do you have any of the following problems?

I think about it even when I try not to.  
I have strong waves of feeling about it, especially if something reminds me of it.  
I have trouble falling asleep or staying asleep because pictures of it or thoughts about it come into my mind.  
I have nightmares about it.  
I stay away from reminders of it.  
I try not to talk about it.  
I don't let myself get upset if I think about it.  
Pictures about it pop into my mind.

My feelings are kind of numb.  
I don't enjoy life the way I used to.  
I feel like life has passed me by.  
I am jumpy if I hear a loud noise.  
I am always aware of potential danger.  
I have trouble concentrating and my memory is shot.  
Little things bother me that didn't used to bother me.  
I get irritated or angry a lot.

If you have at least 6 of these symptoms and it is 6 months after the event (or events), you are probably suffering from Trauma.