

PTSD & C-PTSD symptom tracker



MONTH _____

WEEK _____

Tick the box if today you felt or experienced..

MON TUE WED THU FRI SAT SUN

Re-experiencing Symptoms

Visual flashbacks or sensory re-experiencing of the trauma you experienced

<input type="checkbox"/>						
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Emotional flashbacks or re-experiencing of the emotions you experienced during, or surrounding your trauma

<input type="checkbox"/>						
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Vivid and distressing involuntary or intrusive memories, thoughts or images

<input type="checkbox"/>						
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Nightmares related to your trauma

<input type="checkbox"/>						
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Intense or prolonged distress after exposure to traumatic reminders or triggers

<input type="checkbox"/>						
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Avoidance Symptoms

An active avoidance of thoughts or feelings related to the trauma you experienced

<input type="checkbox"/>						
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An active avoidance of people, places, conversations, activities, objects, or situations related to the trauma you experienced

<input type="checkbox"/>						
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The inability to remember key features of the traumatic event/s

<input type="checkbox"/>						
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Feelings of detachment or disconnection from other people

<input type="checkbox"/>						
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Being emotionally numb or cut off from your feelings

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Alertness & Reactivity Symptoms

Self-destructive or reckless behaviour: doing things that are risky such as impulsive sex, binge drinking, taking recreational drugs

<input type="checkbox"/>						
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Feeling irritable and/or having angry or aggressive outbursts

<input type="checkbox"/>						
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An exaggerated startle response

<input type="checkbox"/>						
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Difficulty concentrating

<input type="checkbox"/>						
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Hypervigilance (feeling tense, on guard, or "on edge", always looking out for 'danger')

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Aversion or difficulty in tolerating sound such as a fear of sound (phonophobia), aversion to specific sounds (misophonia), or a difficulty in tolerance and volume of sounds that would not typically be considered loud (hyperacusis).

<input type="checkbox"/>						
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Tick the box if today you felt or experienced..

MON TUE WED THU FRI SAT SUN

Feeling & Mood Symptoms

Depersonalisation: feeling like you're an outside observer of or detached from yourself (e.g. feeling as if "this is not happening to me" or it's a dream)

<input type="checkbox"/>						
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Derealisation: feeling like things are not real, a sense of unreality, distance, or distortion

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An inability to experience positive emotions (such as happiness, satisfaction, connection or love)

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Overwhelming negative emotional state (e.g. fear, horror, guilt or shame)

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Distorted shame, guilt or failure of yourself or others for causing the traumatic event or for resulting consequences

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A belief that you are defeated or worthless

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A lack of interest is doing the things you used to enjoy

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Disturbed relationships (e.g. difficulties in sustaining relationships or difficulty feeling close to, or trusting others)

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Problems regulating your emotions (you find it difficult to control your emotions or have trouble calming down)

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A feeling like you're 'different than everyone else'

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Negative beliefs and expectations about yourself or the world

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Sleep Symptoms

Sleep disturbance (other than nightmares, such as difficulty in falling or staying asleep)

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Recurring dreams

<input type="checkbox"/>						
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Traumatic nightmares

<input type="checkbox"/>						
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Physical Symptoms

Physical reactions after exposure to traumatic reminders or triggers

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Digestive issues such as bloating, gas, indigestion, heartburn, acid reflux, and other irritable bowel problems

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Aches and pains in your joints and muscles

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Skin issues (such as acne, rosacea, or eczema flare ups, or your skin scarring more easily)

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Weight gain or weight loss

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For more information about Post Traumatic Stress Disorder, and the symptoms you may experience with PTSD or Complex-PTSD, please visit our website: PTSDuk.org

PLEASE NOTE: This is NOT a diagnostic tool for PTSD or C-PTSD. This is designed to help you monitor, understand and track the symptoms you may be experiencing. This is not an exhaustive list of symptoms you may experience, but it is based on both the The International Classification of Diseases - 11th Revision (ICD-11) produced by the World Health Organisation (WHO) and The Diagnostic and Statistical Manual - 5th Edition (DSM-5) produced by the American Psychiatric Association (APA) diagnostic criteria for PTSD, Complex PTSD and Dissociative PTSD.