Delayed Reactions to Trauma Exposure

Re-Experiencing

- Unwanted upsetting memories
- Nightmares
- Flashbacks
- Emotional distress @ trauma reminders
- Physical reactivity @ trauma reminders

Avoidance

- Trauma-related reminders
- Trauma-related thoughts or feelings
- Emotional & social demands

Trauma-Related Arousal/Reactivity

- Risky or destructive behavior
- Hypervigilance/Heightened startle
- Difficulty concentrating
- Difficulty sleeping
- Irritability or aggression
- Generalization of trauma triggers to panic and phobia-like behavior

Negative Thoughts/Feelings

- Overly negative thoughts about oneself or the world
- Inability to recall key features of the trauma
- Exaggerated blame of self or others about the trauma; Preoccupation
- Negative affect
- Decreased interest in activities
- Feeling isolated
- Difficulty with positive feelings

Physiological Symptoms

(post-trauma or current stressor)

- Pain, muscle tension, headache, teeth grinding
- Blood pressure
- Heartbeat, increased or decreased appetite or sleep
- Urination, diarrhea/constipation, nausea/stomach ache, tremor, dry mouth/difficulty swallowing
- Somatization

SAMHSA (2014); American Psychiatric Association (2013)

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