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*Psychotherapy • Organizational Consulting*  
*GLBT Mental Health • PTSD • Mental Health Boot Camp*

Client ID Code: \_\_\_\_\_

Total Score: \_\_\_\_\_

Date Taken: \_\_\_\_\_

PTSD QUESTIONS

Strongly Agree	Agree	Neither Agree nor disagree	Disagree	Strongly Disagree
1	2	3	4	5

1. I have experienced or witnessed an event in my past which troubles and haunts me today to the degree that I feel emotionally and/or functionally compromised. \_\_\_\_
2. I have repeated intrusive memories about the event. \_\_\_\_
3. I have repeated, intrusive dreams about the event \_\_\_\_
4. I have intrusive flashbacks about the event, or sometimes feel like it is happening again \_\_\_\_
5. I have intense physical or emotional distress when I am exposed to things that remind me of the event. \_\_\_\_
6. I avoid thoughts, feelings, and conversations about the event \_\_\_\_
7. I avoid people, places, or activities that remind me of the event. \_\_\_\_
8. I have blocked out important parts of the disturbing event. \_\_\_\_
9. I have lost interest in activities I used to enjoy. \_\_\_\_

Strongly Agree	Agree	Neither Agree nor disagree	Disagree	Strongly Disagree
1	2	3	4	5

10. I feel detached and/or disconnected from other people. \_\_\_\_\_

11. I have problems sleeping \_\_\_\_\_

12. I have problems with irritability or outbursts of anger. \_\_\_\_\_

13. I constantly feel "on guard". \_\_\_\_\_

14. I have an exaggerated "startle response". \_\_\_\_\_

15. My range of emotions is restricted. \_\_\_\_\_

Strongly Agree	Agree	Neither Agree nor disagree	Disagree	Strongly Disagree
5	4	3	2	1

16. I have developed ways to put more structure/organization into my life and I do those things every day so that I will feel more in control of my life. \_\_\_\_\_

17. My moods are not a mystery. I know how they are triggered and I know how to manage them to prevent serious relapse. \_\_\_\_\_

18. I fully understand the concepts of Eat Right/Sleep Right/Think Right/Exercise and have a plan for applying each principle into every day of my life. \_\_\_\_\_

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