



# PTSD SYMPTOMS

## INTRUSION

Flashbacks  
Nightmares  
Involuntary Memories



## AVOIDANCE

Avoiding people,  
places, sounds, and  
discussions of event.



## HYPERAROUSAL

Jittery, on high alert  
Irritability and anger  
Trouble sleeping and  
concentrating.



## CHANGE IN MOOD OR COGNITION

Loss of interest  
Unable to trust others  
Distorted thoughts

