

# 4 Types of PTSD Symptoms

How do you know if it's PTSD? Symptoms generally present themselves in these four ways:



## Intrusive Memories

- Recurring distressing memories of the traumatic event
- Flashbacks (reliving of the event)
- Disturbing dreams or nightmares

## Avoidance

- Avoiding talking about the traumatic event
- Avoiding talking or thinking about anything that triggers memories of the event



## Negative Changes in Thoughts or Mood

- Negative thoughts about oneself, other people, or the world
- Memory problems
- Feeling emotionally 'numb'



## Changes in Physical or Emotional Reactions

- Becoming startled or frightened easily
- Self-destructive behavior
- Irritability or angry outbursts
- Always on the lookout for danger

