

THE DENVER CENTER FOR CRIME VICTIMS

Trauma Reactions

SLEEP PROBLEMS

insomnia
sleeping too much
sleeping too little
nightmares

THOUGHT CHANGE

flashbacks
frequent and/or intrusive thoughts about the event
loss of memory of some or all of the event
confusion
poor concentration
intrusive imagery

CHANGE IN DAILY ACTIVITIES

changes in work patterns
changes in free time patterns
isolation
loss of interest in pleasurable activities
changes in use of alcohol, drugs or prescribed medications

CHANGE IN FEELINGS

anxiety	hopelessness
fear	crying
guilt	sadness
depression	thoughts of hurting self or others
tenseness	sense of loss
anger/irritability	

PHYSICAL SYMPTOMS

shortness of breath	headaches
sweating	stomachaches
nausea	racing heart
weight gain or loss	pain
changes in eating habits	heightened startle response

RELATIONSHIPS

not wanting to be alone	avoiding family or friends
changes in sexual behavior	fighting or tension

SENSE OF LOSS

Actual or perceived loss of:	
safety and trust	physical or emotional health
personal boundaries	composure and control
personal belongings	innocence