## Common Reactions To Trauma

### Physical Reactions
- Jittery
- Muscle tension
- Upset stomach
- Fatigue
- Teeth grinding
- Dizziness
- Rapid heart beat
- Difficulty sleeping
- Easily startled
- Spacey
- Difficulty concentrating
- Trouble breathing

### Cognitive Reactions
- Changes in the way one thinks about self, other people and the world
- Hyper-vigilance
- Intrusive images
- Nightmares
- Difficulty making decisions
- Being reminded of the trauma by simple events
- Self-denigrate
- Loss of trust
- Loss of self-esteem
- Denial

### Emotional Reactions
- Fear, inability to feel safe
- Sadness, grief, depression
- Anger, irritability
- Numbness, lack of feeling
- Feeling helpless & hopeless
- Loss of joy
- Guilt
- Emptiness
- Blunted and then extreme emotions
- Despair

### Behavioral Reactions
- Alcohol and/or drug abuse
- Exaggerated startle response
- Change in sexual behavior
- Neglect of health and daily activities
- Avoidance of situations
- Isolation from others
- Hysterical reactions
- Anger outbursts
- Sleep disturbances

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