

PTSD Symptoms

T F N N X Z A S T A R T L E R E F L E X A F U C
S I R R I T A B L I T Y O F U O C X H N P C C S
U E C N E D I O V A G Z X V G Z O G U O J I M Y
R V Y P J M Z L G P W Q K I L T N J O B R E F C
T M R O O Z W G O C Q I S K W I U R U E L A D T
S H Z E P R N G K V E I J T L Y S A G B T T W I
I S O J B K W G G V K V Q E W E X N O E Y O N D
M S T T P D E C V N Y J E I L I A R L D K T Q E
U E J S Z K Q L E H A F Y F A T P X K H R I Q P
F R G S X L N H T J F S E V K N V V I U T S O R
K T G E C D F A E O O S V M O I K N S Z L O U E
E S V N O H P D K K T L P I N F S I U N I L Z S
G U F S Z A T C U E Y E T A I O V B D C U A I S
M F W S V Q A H E A P A R V M E Y E L P G T O I
U B R E C L I M E F C N I M M O T X I V L I M O
W Y Q L E K E I L I F E I E B Y E P T E L O A N
I A D P N V E A N L F A M M K H I D X K I N P K
K C A L L E S U Z K H O C O N Y X Y B Y G Z O Z
S D U E H H M M M X R T M I Y W N I Q H H P Y Y
U A R H B M M C R I S M C U D B A A Z M G V B R
T X S A O Y Z F E Q X Q H O P E L E S S N E S S
N I C C Z K J S U I L X Z J D I K W S A L G B V
B K S Q P D H Y U R T G D H M Q A S W N O B V I
S G Q G O R R D Z D L G W A V N J Q D R A G E I

communication problems
poor selfesteem
hopelessness
flashbacks
insommia
apathy
guilt

intrusive memories
startle reflex
irritablity
avoidence
mistrust
stress
rage

lack of feeling
helplessness
depression
isolation
anxiety
anger