

Name: _____

Date: _____

Trauma Symptoms

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

Digestive problems
 Hyperarousal
 disinterest
 Headaches
 Fatigue
 Nausea
 Shock
 Fear

eating disorders
 Hopelessness
 Depression
 Isolated
 Sadness
 Denial
 Shame

low self-esteem
 Irritability
 outbursts
 Numbness
 Anxiety
 Jumpy
 Guilt

racing heart
 Dissociation
 Confusion
 Insomnia
 Clingy
 Anger
 Ptsd