

Trauma Symptoms

Stages	Symptoms
Early Stages	<ul style="list-style-type: none"> • Hyper-arousal • Constriction • Dissociation (including denial)
Middle Stages	<ul style="list-style-type: none"> • Hyper-vigilance—being on guard all the time • Intrusive imagery or flashbacks • Extreme sensitivity to light or sound • Hyperactivity • Exaggerated emotional and startle responses • Nightmares or night terrors • Abrupt mood swings • Reduced ability to deal with stress • Difficulty sleeping
Late Stages	<ul style="list-style-type: none"> • Panic attacks, Anxiety, and Phobias • Mental “Blankness” or “Spaciness” • Attraction to dangerous situations • Frequent crying • Exaggerated or diminished sexual activity • Amnesia or forgetfulness • Inability to love, nurture, or bond with other individuals • Fear of dying, going crazy, or having a shortened life • Reduced ability to deal with stress
Long Term Symptoms	<ul style="list-style-type: none"> • All of the above, including... • Excessive shyness • Muted or diminished emotional responses • Inability to make commitments • Chronic fatigue or very low physical energy • Immune system problems • Psychosomatic illness particularly headaches, neck and back problems, asthma, digestive, spastic colon, severe PMS • Depression, feelings of impending doom • Feelings of detachment-“living dead” • Diminished interest in life • Feelings and behaviors of helplessness • Reduced ability to deal with stress and formulate plans

Adapted from Peter Levine's *Waking The Tiger*