

## PCL-S

The event you experienced was \_\_\_\_\_ on \_\_\_\_\_  
 (event; if more than one traumatic event, list the worst one for you) (date)

Below is a list of problems and complaints that people sometimes have in response to stressful life experiences. Please read each one carefully, then circle one of the numbers to the right to indicate how much you have been bothered by that problem in the past month.

	Not at all	A little bit	Moderately	Quite a bit	Extremely
1. Repeated, disturbing <i>memories, thoughts or images</i> of a stressful experience from the past.	1	2	3	4	5
2. Repeated, disturbing <i>dreams</i> of a past stressful experience.	1	2	3	4	5
3. Suddenly <i>acting or feeling</i> as if a stressful experience from the past were <i>happening again</i> (as if you were reliving it).	1	2	3	4	5
4. Feeling <i>very upset</i> when <i>something reminded you</i> of a stressful event from the past.	1	2	3	4	5
5. Having <i>physical reactions</i> (e.g. heart pounding, trouble breathing, sweating) when <i>something reminded you</i> of a stressful experience from the past.	1	2	3	4	5
6. Avoiding <i>thinking about</i> or <i>talking about</i> a stressful experience from the past or <i>avoiding feelings</i> related to it.	1	2	3	4	5
7. Avoiding <i>activities</i> or <i>situations</i> because <i>they reminded you</i> of a stressful experience from the past.	1	2	3	4	5
8. Trouble <i>remembering important parts</i> of a stressful experience from the past.	1	2	3	4	5
9. Loss of <i>interest</i> in activities that you used to enjoy.	1	2	3	4	5
10. Feeling <i>distant</i> or <i>cut off</i> from other people.	1	2	3	4	5
11. Feeling <i>emotionally numb</i> or being unable to have loving feelings for those close to you.	1	2	3	4	5
12. Feeling as if your <i>future</i> somehow will be <i>cut short</i> .	1	2	3	4	5
13. Trouble <i>falling</i> or <i>staying asleep</i> .	1	2	3	4	5
14. Feeling <i>irritable</i> or having <i>angry outbursts</i> .	1	2	3	4	5
15. Having <i>difficulty</i> concentrating.	1	2	3	4	5
16. Being " <i>super-alert</i> " or watchful or on guard.	1	2	3	4	5
17. Feeling <i>jumpy</i> or easily startled.	1	2	3	4	5