

Trauma Quiz: Check each answer based on any of the below symptoms you identify with.

1) Do you suffer from flashbacks?

2) Do you have trouble getting enough sleep at night?

3) Do you suffer from nightmares?

4) Do you feel emotionally numb much of the time?

5) Do you avoid people and/or situations that can trigger you?

6) Are you irritable much of the time?

7) Do you tend to be reactive or impulsive?

If you checked 4 or more of the above answers, you may be suffering from trauma or PTSD. To find out more about how I can help, please call or e-mail me at 512-374-0100 or scott@scottkampschaeferlcswh.com