



## What is PTSD?

### Posttraumatic Stress Disorder (PTSD)

Emotional and psychological response to a life-threatening event like Sexual Assault or Sexual Abuse.

Most of us think that PTSD is just related to combat trauma, but that isn't true.

### How long could I be dealing with this?

Everyone is different. Some survivors feel symptoms for weeks, months, or even years.

The positive thing: With time and help, symptoms tend to become less severe.

There are wounds that never show on the body that are deeper and more hurtful than anything that bleeds.



**DON'T WAIT UNTIL YOU BREAK**

## What could I be feeling?

### Mental Distress

- Intrusive Flashbacks
- Re-living the event
- Nightmares or Night Terrors
- Easily Startled/Triggered
- Depression
- Anxiety/Panic Attacks
- Angry outbursts
- Blaming yourself or feeling guilty
- Forgetfulness
- Mood swings
- Feeling detached from world, family or friends
- Clinging to close family or friends
- Changes in belief systems
- Laughing
- Pretending like it didn't happen
- Trouble with concentration
- Feeling Numb

### Physical Health Issues

- Lack of or increase in sleep
- Gastrointestinal issues
- Frequent headaches
- Lack of or increase in appetite
- Upset stomach

### Disturbances in Routines

- Avoidance of normal activities like going to the store or driving
- Avoiding crowds
- Positioning yourself to feel safer
- Constantly in survival mode
- Feeling that "nowhere is safe"
- Taking extra steps for personal safety
- Loss of interest in activities

### Self-Defeating Thoughts

- Feeling that you can't trust your own judgements
- "I am not worthy of anything."
- Feeling disgusting/changed
- "I am fine with it."
- Comparing your situation with others
- Negative thoughts about yourself
- Suicidal thoughts/attempts
- Using harmful coping skills like self-harm or alcohol/drugs

