

PCL-S / PTSD Checklist

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 and unwanted memories of the stressful experience?	0	1	2	3	4
2. Repeated, disturbing dreams of the stressful experience	0	1	2	3	4
3. Suddenly acting or feeling as if the stressful experience were happening again (as if you were reliving it)	0	1	2	3	4
4. Feeling very upset when something reminded you of the stressful experience?	0	1	2	3	4
5. Having strong physical reactions when something reminded you of the stressful experience (e.g. heart pounding, trouble breathing, sweating)?	0	1	2	3	4
6. Avoiding memories, thoughts or feelings related to the stressful experience?	0	1	2	3	4
7. Avoiding external reminders of the stressful experience (e.g. people, places, conversations, activities, objects or situations)?	0	1	2	3	4
8. Trouble remembering important parts of the stressful experience from the past?	0	1	2	3	4
9. Having strong negative beliefs about yourself, other people, or the world (e.g. having thoughts such as: I am bad, there is something seriously wrong with me, no one can be trusted, the world is completely dangerous)?	0	1	2	3	4
10. Blaming yourself or someone else for the stressful experience or what happened after it?	0	1	2	3	4
11. Having strong negative feelings such as fear, horror, anger, guilt or shame?	0	1	2	3	4
12. Loss of interest in activities that you used to enjoy?	0	1	2	3	4
13. Feeling distant or cut off from other people?	0	1	2	3	4
14. Trouble experiencing positive feelings (e.g. being unable to feel happiness or have loving feelings for those close to you)?	0	1	2	3	4
15. Irritable behavior, angry outbursts or acting aggressively?	0	1	2	3	4
16. Taking too many risks or doing things that could cause you harm?	0	1	2	3	4
17. Being "super-alert" or watchful or on guard?	0	1	2	3	4
18. Feeling jumpy or easily startled?	0	1	2	3	4
19. Having difficulty concentrating?	0	1	2	3	4
20. Trouble falling or staying asleep?	0	1	2	3	4