

## PTSD SYMPTOMS

F Y A J E M R L N R D K N I A  
R R X W S E I O A E E O L N I  
U O A H G S I S P I I R X S N  
S M G N O T E R T T N I R O N  
T E A R A P E N A R E E R M M  
R M Z L I S E R I T U A D N E  
A K O R S E T L Y L G S U I E  
T S I I W N F A E E E X T A T  
I Q O H E L P L E S S N E S S  
O N Q C J C O N F U S I O N E  
N V N S S E R T S N F N L L F  
N O S E R A M T H G I N E T L  
C G U I L T A X N I A P Y S E  
R C K K P N P N B Y J L Z L S  
E E N R Z L X C F O N Q Z Q I

ANGER

ANXIETY

CONCENTRATION

CONFUSION

DENIAL

DEPRESSION

FRUSTRATION

GRIEF

GUILT

HELPLESSNESS

HOPELESSNESS

INSOMNIA

ISOLATION

LONELINESS

MEMORY

MISTRUST

NIGHTMARES

PAIN

RAGE

SELF-ESTEEM

STRESS