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A Confidential Line  
Answered By Retired Officers

## Signs of Post Traumatic Stress Disorder (PTSD)

- Efforts to avoid thoughts, feelings, or conversations associated with the trauma
- Efforts to avoid activities, places or people that arouse recollection of the trauma
- Inability to recall an important aspect of the trauma
- Markedly diminished interest or participation in significant activities
- Feeling of detachment or estrangement from others
- Restricted range of affect (e.g., unable to have loving feelings)
- Sense of foreshorten future (e.g., does not expect to have a career, marriage, children, or normal life span)
- Difficulty falling or staying asleep
- Irritability or outbursts of anger
- Difficulty concentrating
- Hypervigilance
- Exaggerated startle response
- Flashbacks

