PCL-S

The event you experienced was		on	
	(event)		(date)

<u>INSTRUCTIONS</u>: 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 <u>in the past month</u>.

		Not at all	A little bit	Moderately	Quite a bit	Extremely
1.	Repeated, disturbing <i>memories, thoughts,</i> or <i>images</i> of the stressful experience?	1	2	3	4	5
2.	Repeated, disturbing <i>dreams</i> of the stressful experience?	1	2	3	4	5
3.	Suddenly <i>acting</i> or <i>feeling</i> as if the stressful experience <i>were happening again</i> (as if you were reliving it)?	1	2	3	4	5
4.	Feeling <i>very upset</i> when <i>something reminded you</i> of the stressful experience?	1	2	3	4	5
5.	Having <i>physical reactions</i> (e.g., heart pounding, trouble breathing, sweating) when <i>something reminded you</i> of the stressful experience?	1	2	3	4	5
6.	Avoiding thinking about or talking about the stressful experience or avoiding having feelings related to it?	1	2	3	4	5
7.	Avoiding activities or situations because they reminded you of the stressful experience?	1	2	3	4	5
8.	Trouble <i>remembering important parts</i> of the stressful experience?	1	2	3	4	5
9.	Loss of interest in activities that you used to enjoy?	1	2	3	4	5
10.	Feeling distant or cut off from other people?	1	2	3	4	5
11.	Feeling <i>emotionally numb</i> or being unable to have loving feelings for those close to you?	1	2	3	4	5
12.	Feeling as if your <i>future</i> will somehow be <i>cut short</i> ?	1	2	3	4	5
13.	Trouble falling or staying asleep?	1	2	3	4	5
14.	Feeling irritable or having angry outbursts?	1	2	3	4	5
15.	Having difficulty concentrating?	1	2	3	4	5
16.	Being "super-alert" or watchful or on guard?	1	2	3	4	5
17.	Feeling <i>jumpy</i> or easily startled?	1	2	3	4	5