

Post-Traumatic Stress Disorder

Some serious, intense, or dangerous shit happened. Maybe it happened to you, or maybe you saw it happen, or maybe you heard about it happening to somebody you care about. Or maybe the shit didn't actually happen, but it was a near miss, or you really thought it was going to happen, or someone threatened to make it happen. Could be something violent, maybe you or someone else got hurt or almost killed, maybe someone died, maybe there was a bad accident, maybe something sexual happened that you didn't want. Or maybe it was something that you did. Whatever it was, that shit stays with you. Sometimes, there's only one big thing that happened, but sometimes there are a lot of different things that add up and affect a person.

Shit Sticks With You

- dreaming about what happened, or another way it could have happened, or having dreams that make you feel like you felt when shit was going down
- thoughts or memories about things related to what happened that come into your mind without you trying, even when you don't want to be thinking about or remembering it (this is sometimes super vivid, like you can really hear or see things)
- feeling like the shit that happened is actually happening again in the present, or acting like it's happening
- getting really in your feelings if anything reminds you of what happened
- feeling it in your body when things remind you of what happened

Staying Away

- trying not to think about what happened, trying to keep the memories out of your head, or trying not to feel feelings related to it or that remind you of how you felt when it was happening
- staying away from people, places, situations, smells, songs, activities, or other things that remind you of what happened, or trying not to talk about it

Thoughts & Feelings

- not remembering parts of the shit that happened
- always expecting the worst, or thinking things won't work out, or thinking negative about yourself or other people or the world
- feeling like what happened is your fault, or like you could/should have kept it from happening (or like it's someone else's fault and they could/should), whether that's true or not
- feeling bad a lot of the time – angry, guilty, ashamed, sad, upset, numb, scared, down, hopeless, etc.

- losing interest in some of the things you liked to do before the shit happened, or in important things like school, work, or family
- feeling distant from people, like no one understands, or like you just don't care about people anymore
- not feeling good feelings like happiness, love, excitement, pride, etc.

Being in Go Mode

- getting tight, annoyed, irritated, angry, or enraged easy, sometimes over little things or for no real reason, and yelling, cursing, making threats, getting aggressive, or bugging out
- doing reckless shit and not caring what happens to you
- feeling on edge or on point all the time, like you've always got to keep an eye on everything, maybe even feeling so on point it feels uncomfortable or feels like you can't relax
- getting startled, jumping, or flinching easy when you get surprised or by loud noises or sudden movement
- trouble concentrating or staying focused
- trouble falling asleep, waking up a lot at night, or having problems sleeping except in naps that don't last too long

Shutting It Down

- feeling like nothing's real
- feeling disconnected from what's happening to you or around you
- feeling like you're not real
- feeling like you're not a person
- feeling disconnected from yourself or your feelings
- feeling like you're in a movie
- having an out-of-body experience
- going blank
- zoning out and not being aware of what's happening around you
- blacking out