

Posttraumatic Stress Reactions/Symptoms

Depression

Disruption in eating patterns
Disruption in sleeping patterns
Somatic complaints
Loss of energy
Loss of interest in activities
Helplessness
Hopelessness
Suicidal ideation

Fear

Anxiety
Panic Attacks
Phobias
Generalized Fears
Specific Fears
Avoidance behaviors
Triggered reactions

Flashbacks, Nightmares, Hallucinations

Overreactions to current stimuli--being triggered
Frightening dreams, recurring dreams or themes in dreams
Hyper arousal
Avoidance of certain stimuli, numbness

Rage, Anger

Overreactions to certain stimuli
Hostile approach to life experiences
Aggressive/anti-social behavior
Being an abuser
Reacting as if survival is being threatened (rage)
Identification with aggressor

Powerlessness

"Victim Stance"
Revictimization
Inability to assert one's self

Low Self-Esteem

Loss of identity
Change in identity
Behavioral self-blame
Characterological self-blame
Stigmatized sense of self
Feels "different"
Self-destructive acting out behaviors, including self-mutilation
Nothing but an empty shell, nothing inside
Shame
Loss of trust in self

Numbness

Substance abuse
Blunted affect

Disassociation*

Memory loss (about specific events or periods of one's life)
Perpetrator-victim split
Marked differences between parts of self

Sadness

Prolonged or unexplained bouts of sadness

Impaired Social Functioning

Sexual difficulties
Decreased trust in others
Decreased trust in self in relationships
Inability to be intimate
Need to control others, need to be controlled

*Disassociation= "An alteration of consciousness in which experiences and affects are not integrated into memory awareness."
(Putnam, 1985)

For further information, see The Counseling Psychologist, Volume 16, October, 1988 special issue on VICTIMIZATION.
Especially the article entitled "Trauma and Victimization: A Model of Psychological Adaption" by McCann, Sakheim, & Abrahamson.