

UNDERSTANDING COMPLEX PTSD

Emotional Dysregulation

Difficulty controlling your emotions and how you act on those feelings. This can look like self harm, rage, suicidal thoughts, anxiety and depression.

Relationship Struggles

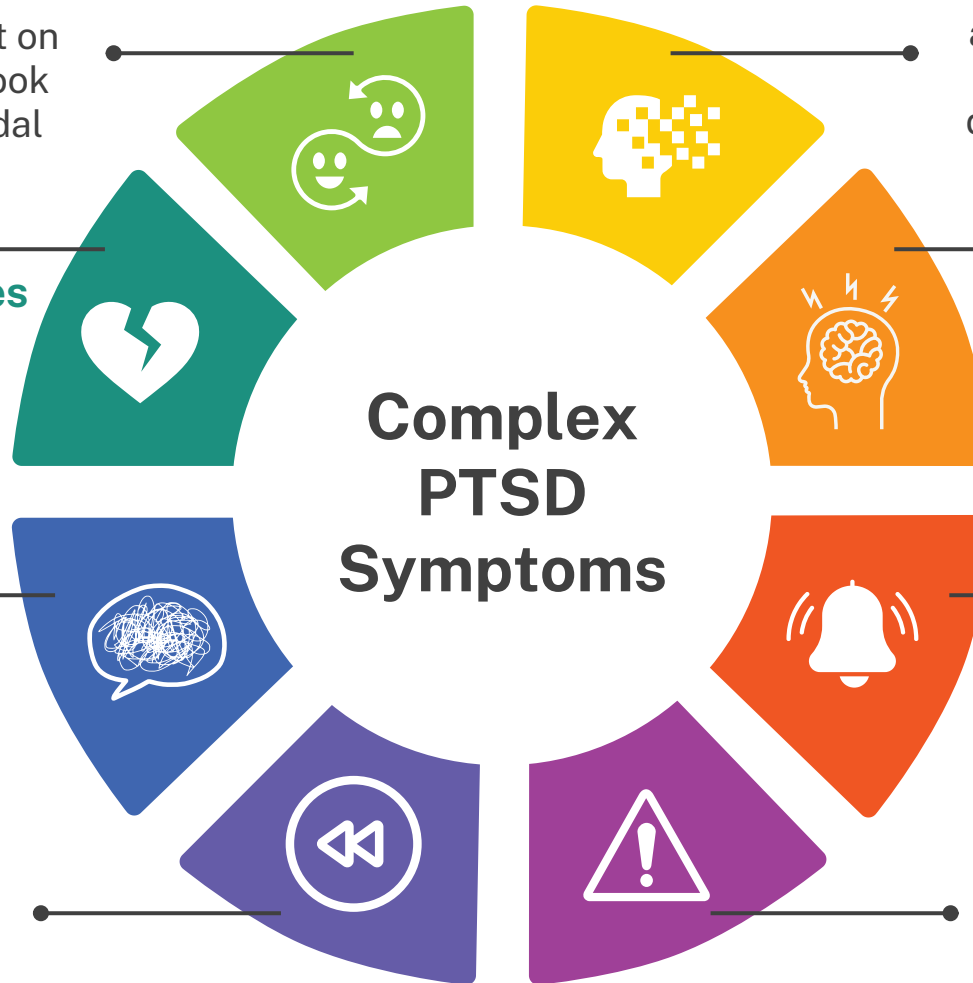
Difficulty in relationships such as withdrawal and helplessness. Intense fear in trusting people.

Affected Belief Systems

Loss of spiritual faith and belief in people being good. Loss of sense of self.

PTSD Symptoms

Flashbacks, reoccurring nightmares and dreams.



Altered Attention

Daydreaming, dissociative amnesia, derealization (feel the world isn't real) depersonalization (feel as if oneself is not real)..

Somatic Distress

Headache, extreme and unexplained pain, nausea digestive issues, chronic fatigue, palpitations, and tremors.

Hyperarousal

Being on edge, irritable, scanning for potential threats In both people and events.

Trigger Avoidance

Avoidance of places, events, objects, thoughts and feelings.

@TherapywithKathyDan