Common Reactions to Trauma
Below you will find some reactions and symptoms that are often experienced by individuals who have been through a trauma. These symptoms reflect your body’s way of trying to cope and adjust to what has happened.

**Physical**
Pounding Heart
Sweating
Flushed
Shortness of Breath/Hyperventilation
Chest Pains
Nausea/Vomiting
Upset stomach/Vomiting
Loss of appetite or craving junk food
Muscle tremors
Loss of coordination
Frequent headaches or migraines
Missed menstrual cycle

**Muscle soreness**
**Rapid uncontrolled speech**
**Difficulty sitting or relaxing**
**Dizzy or fainting**
**Dryness of mouth and throat**
**Frequent need to urinate**
**Grinding of teeth**
**Inability to shake a cold**
**Insomnia/difficulty sleeping nightmares**
**Feeling of exhaustion and fatigue**

**Thoughts and Attitudes**
Disbelief
Horror
Confusion
Poor concentration
Spaciness
Poor decision making abilities
Disorientation
Poor memory
Poor attention (not retaining information)
Absolute thinking (I will never…)
Negative/Critical judgments against self
(I am such a failure)

**Preoccupied with trauma memories**
**Preoccupation with health**
**Time distortion (time slows down or speeds up)**
**Increased rigidity and closed thinking inflexibility)**
**Feeling omnipotent (unrealistic appraisal of situation)**
**Cynicism or negativism**
**Hindsight thinking (If only… Why I didn't)**

**Emotions**
Numb/Emotionally shut down
Shocked
Anxious
Agitated
Panicked or fearful (specific or general)
Overwhelmed
Anger (at self, others, God)
Mood swings

**Troubling dreams**
**Sad**
**Depression**
**Helpless or inadequate feelings**
**Sense of guilt**
**Loss of sense of humor**
**Less able to cope with new or continued emotional stress**

**Risky/ Self-destructive behaviors**
Increased smoking
Excessive spending

**Sexual immorality**
**Accident prone**

**Relationships**
Irritability
Easily frustrated
Insensitivity
Loss of interest in others
Isolating/Distancing (Avoiding fellowship)
Insecurity
Hypersensitivity

**Avoidance of intimacy**
**Suspicious**
**Clingy**
**Discord/Arguments**
**Critical of others**
**Scapegoating (a focal point for suppressed anger and depression)**

**Behaviors**
Losing or misplacing things
Easily startled/ Hyperalert to environment
Tearful

**Excessive talking**
**Starts things but doesn’t finish**
**Excessive activity (or hyperactivity)**

**Avoidance behaviors**
Use of alcohol to numb
Use of drugs (prescription or not) to numb
Less productive

**Abandonment of fun activities**
**Overly involved in work**