

COMMON DELAYED RESPONSES TO TRAUMA

Cognitive

1. Slowed thought process
2. Disorientation
3. Cynicism
4. 'They' syndrome
5. Hallucinations – escapism and/or flashbacks

Behavioral:

1. Changes in behavior
2. Withdrawal
3. Silence or talkativeness
4. Under/over eating ... sleeping
5. Lack of interest in usually satisfying activities
6. Over interest in anything that will distract
7. Drug or alcohol abuse
8. Sexual acting out

Emotional:

1. Denial
2. Derogatory labels
3. Excessive use of jargon
4. Division of life areas
5. Poor school or work performance ...absences
6. Sick or 'carried away' humor
7. Sense of omnipotence
8. Unacceptable behavior
9. Intellectualization
10. Excuses – bureaucracy
11. Emotional abuse of others

Physical:

1. Chronic low energy
2. Stress related medical problems
3. Migraines
4. Muscle and/or joint problems
5. Frequent injuries
6. Ulcers, colitis, high blood pressure, high cholesterol, heart irregularities

Spiritual:

1. Changes in relationships
 - Promiscuity
 - Sudden separation, divorce, marriage or co-habitation
2. Social withdrawal, isolation
3. Fatalistic view of life
4. Little or no view of own future
5. No clear sense of own wants or needs