

COMMON IMMEDIATE RESPONSES TO TRAUMA

Cognitive

1. Memory impairment
2. Slowed thought process
3. Difficulty:
 - Making decisions
 - Solving problems
 - Concentration
 - Calculating
4. Limited attention span

Behavioral:

1. Changes in behavior
 - Withdrawal
 - Silence or talkativeness
 - Under/over eating
 - Under/over sleeping
2. Lack of interest in usually satisfying activities
3. Over interest in anything that will distract

Emotional:

1. Flood of emotions: anxiety, fear, joy, loneliness, anger, confusion, guilt
2. Irritability
3. Depression
 - Helplessness
 - Hopelessness
5. Overwhelmednumb

Physical:

1. Fatigue that sleep does not alleviate
2. Flare-ups of old medical problems
3. Headaches
4. Muscle and/or joint discomfort
5. Digestive problems

Spiritual:

1. Changes in relationships with:
 - Family members
 - Friends
 - Co-workers
 - Self
 - Higher Power
2. Questioning of beliefs and values
3. Re-evaluation of life structure