Posttrauma Reactions That Lead to PTSD

Intrusive Reminders
Flashbacks
Nightmares
Images

Thoughts Beliefs Assumptions

Emotions
Angry
Scared
Horrified
Shame
Sad

Avoid thoughts
Avoid reminders
Suppress emotions
Aggression
Self-harm behaviors
Substance abuse
Binging
Dissociate
Social withdrawal
Reduce activities
Physical/health symptoms

Escape/ Avoidance